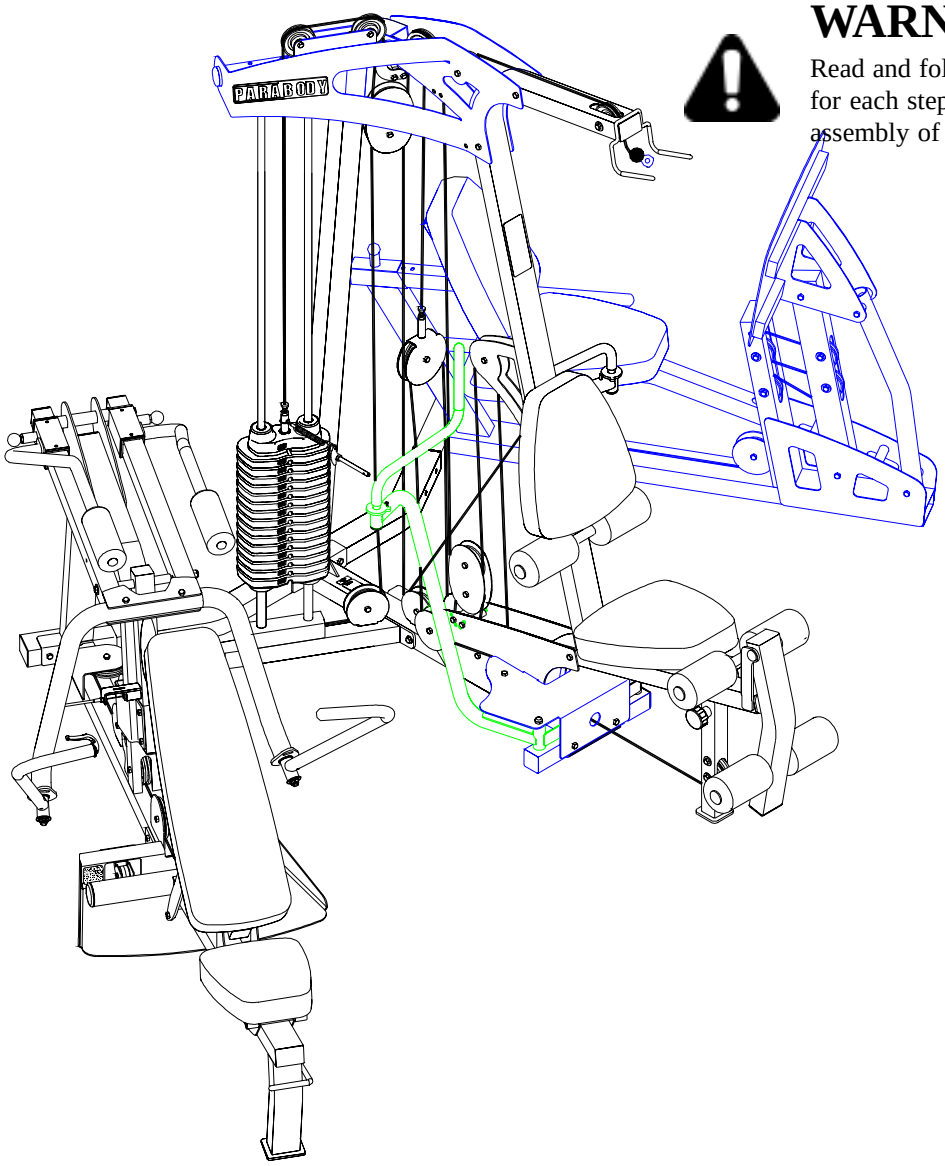
881 LEG PRESS ADAPTER KIT FOR 880 GYM SYSTEM



WARNING:

Read and follow all directions for each step to insure proper assembly of this product.

USER'S GUIDE

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Insert-Registration Card

IMPORTANT SAFETY INFORMATION

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES**!**

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.

2. Obtain a medical exam before beginning any exercise program.

3. Keep body and clothing free of all moving objects.

4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized ParaBody dealer.

6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer.

7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.

9. Children must not be allowed near this machine. Supervise teenagers.

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NOTE: In a continual effort to improve our products, specifications are subject to change

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www.parabody.com

IMPORTANT NOTES

Please note:

* Thank you for purchasing the ParaBody 881 LEG PRESS ADAPTER KIT. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.

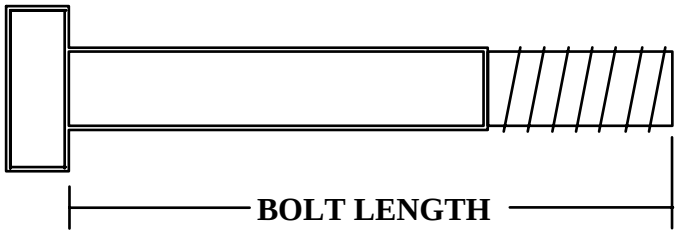
* This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

Tools Required for Assembly

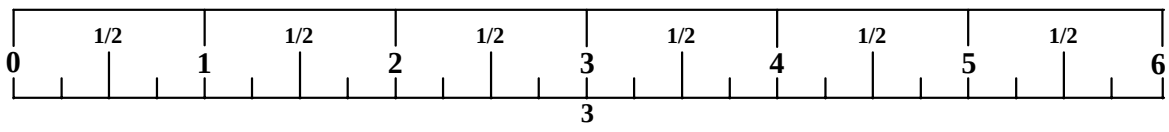
* 9/16” wrench
* Ratchet with 9/16” socket and 6” Ratchet extension
* Adjustable wrench
* Tape measure

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY		KEY	PART #	DESCRIPTION	QTY
1	7160008	LEG PRESS ADAPTER	1		11	6533501	CABLE CLIP	2
2	7156001	SHORT LEG PRESS CABLE	1		12	3102807	3/8” LOW HEIGHT LOCK NUT	6
3	7156102	LONG LEG PRESS CABLE	1		13	6122701	3/8 X 1” SPACER	6
4	3116201	3-1/2” PULLEY	9		14	6480301	3/8” FLANGE SPACER	10
5	3102501	3/8” WASHER	7		15	7242408	PULLEY BRACKET	1
6	3102802	3/8” LOCKNUT	8		16	7245008	PULLEY L-BRACKET	1
7	3102924	3/8 X 1-3/4” BOLT	4		17	6995708	PULLEY PLATE	1
8	3102922	3/8 X 2-3/4” BOLT	2		18	3102904	3/8 X 3”BOLT	2
9	3102905	3/8 X 3-3/4” BOLT	3		19	3102955	3/8” X 4-1/4” BOLT	2
10	3102935	3/8 X 4-1/2” BOLT	5					

NOTE: The LEG PRESS ATTACHMENT (100102) must be assembled before connecting it to the PARABODY 880 GYM SYSTEM

- **NOTE: If assembling the LEG PRESS OPTION to a completely assembled (including cables) 880 GYM SYSTEM without SECOND STACK OPTION , please refer to PAGE 5.**
- **NOTE: If assembling the LEG PRESS OPTION to a completely assembled (including cables) 880 GYM SYSTEM with SECOND STACK OPTION , please refer to PAGE 18.**
- **NOTE: It is recommeded that the SECOND STACK OPTION is assembled before the LEG PRESS OPTION.**

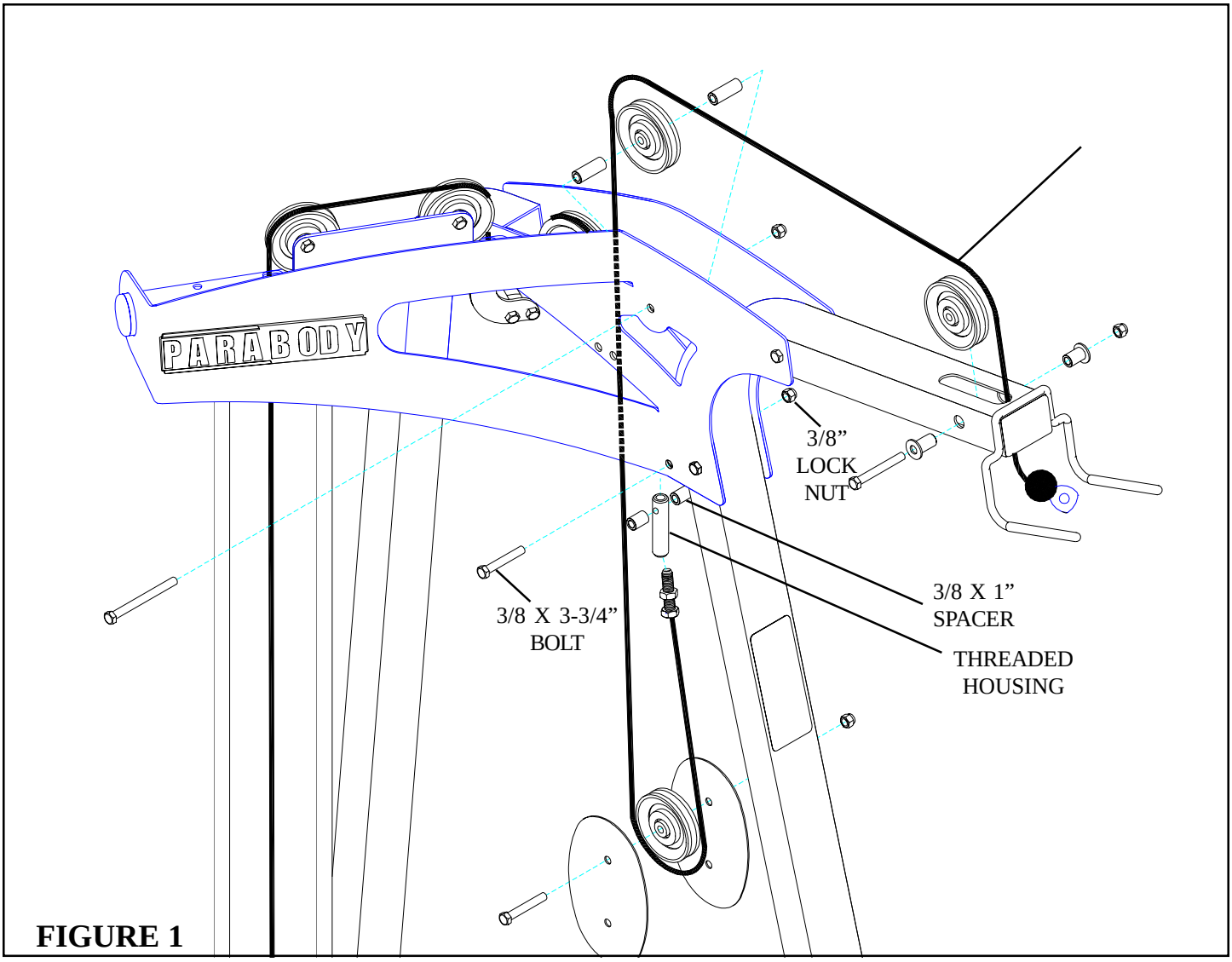


FIGURE 1

STEP 1:

- **NOTE: Follow these steps if assembling the LEG PRESS OPTION to a completely assembled (including cables) 880 GYM SYSTEM without SECOND STACK OPTION, otherwise if the SECOND STACK OPTION is assembled please refer to PAGE 18.**

- **REMOVE** the LAT CABLE, THREADED HOUSING, 3/8 X 3-3/4" BOLT, two 3/8 X 1" SPACERS and one 3/8" LOCK NUT from the 880 GYM SYSTEM. See FIGURE 1. Save the LAT CABLE if you ever plan to purchase the SECOND STACK OPTION. Discard the 3/8 X 1" SPACERS. **(NOTE: Remove pulleys for ease of removal.)**

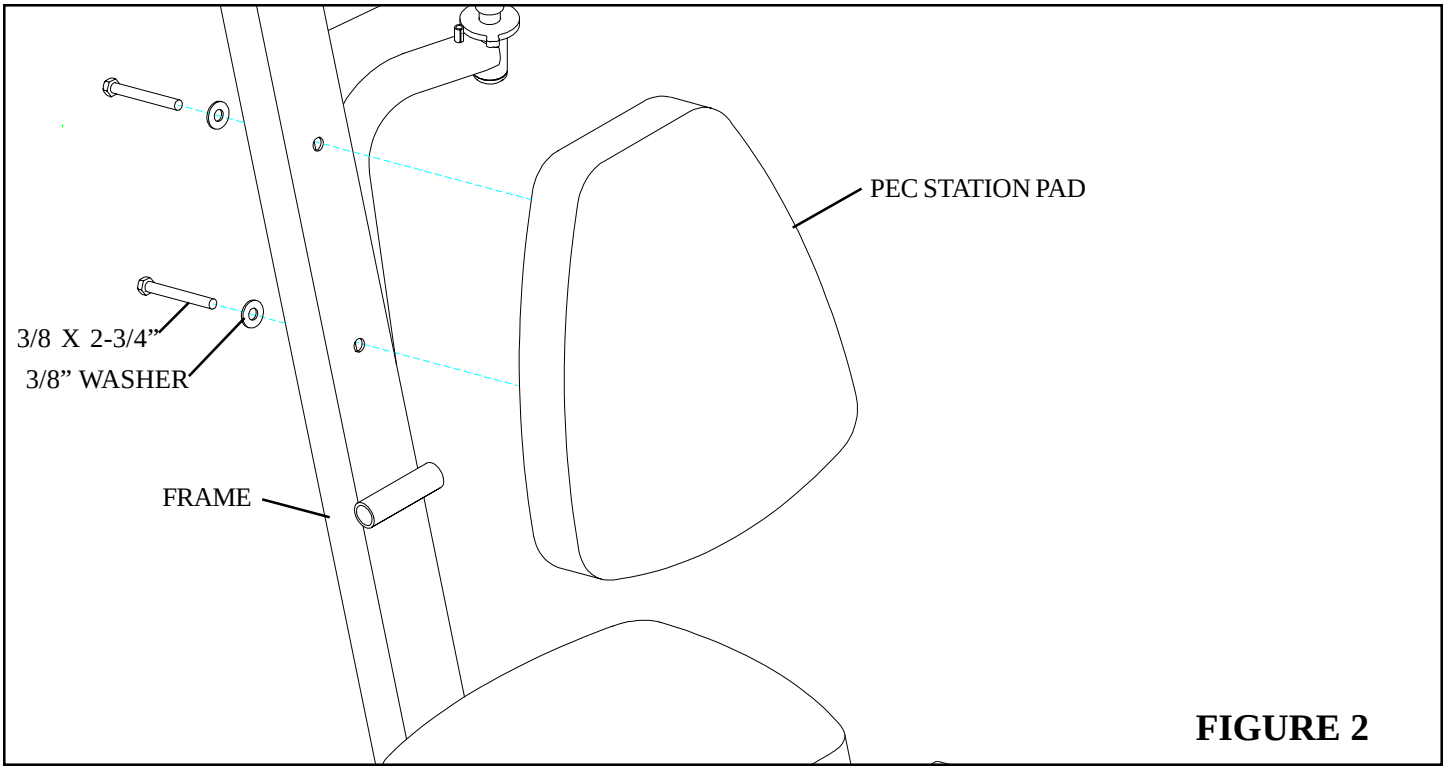


FIGURE 2

STEP 2:

- Remove the PEC STATION PAD from the FRAME, then discard the two 3/8 X 2-3/4” BOLTS. See FIGURE 2.

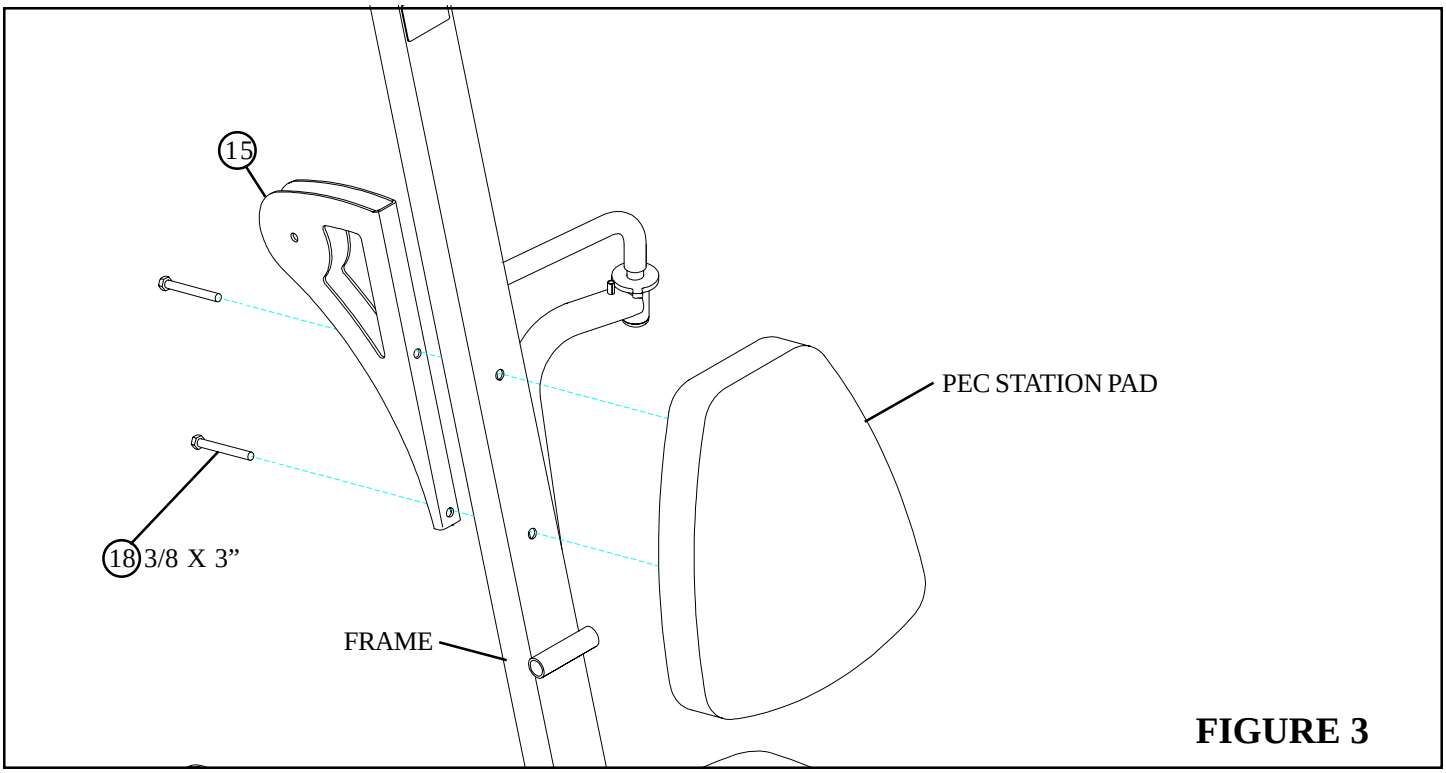
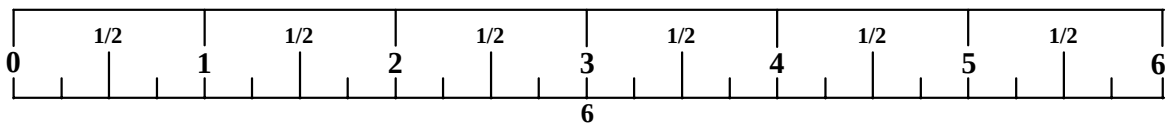


FIGURE 3

STEP 3:

- **SECURELY** assemble the PULLEY BRACKET (15) and the PEC STATION PAD to the FRAME using two 3/8 X 3” BOLTS (18). See FIGURE 3.



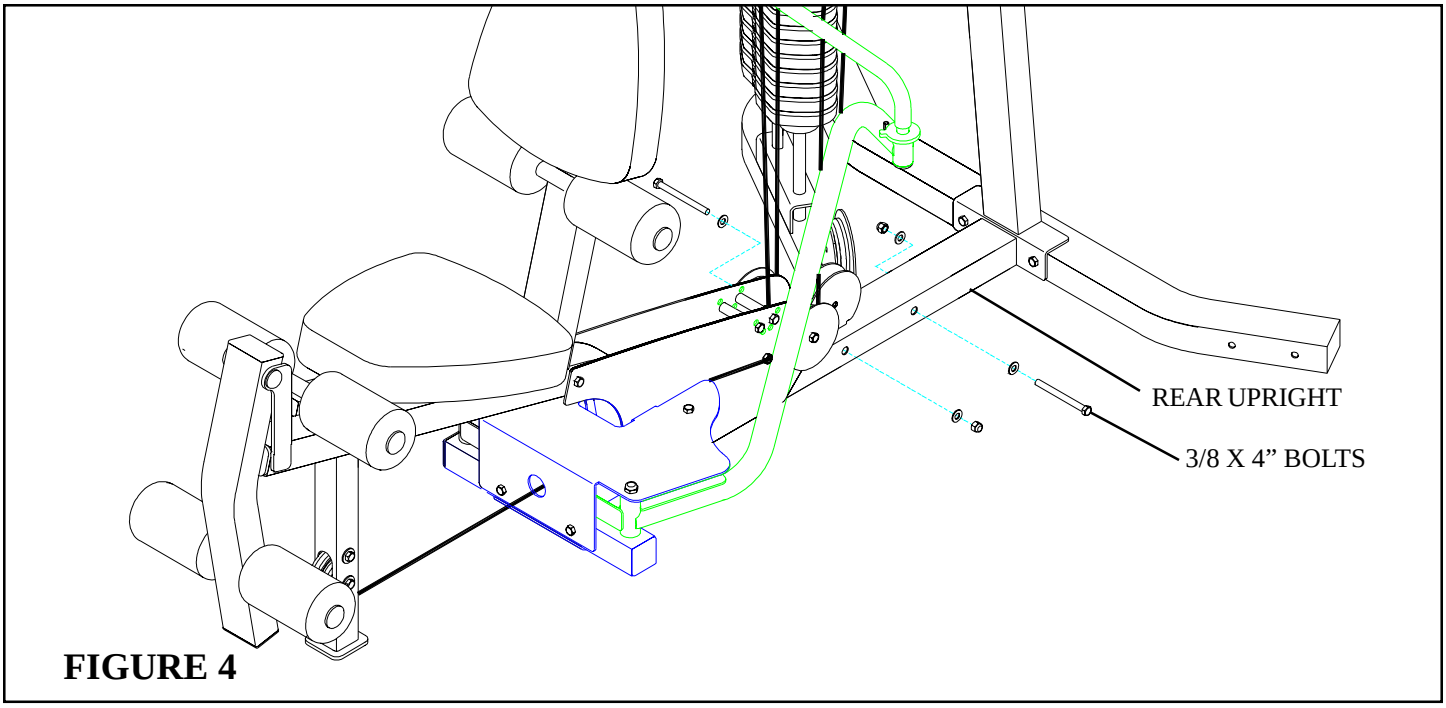
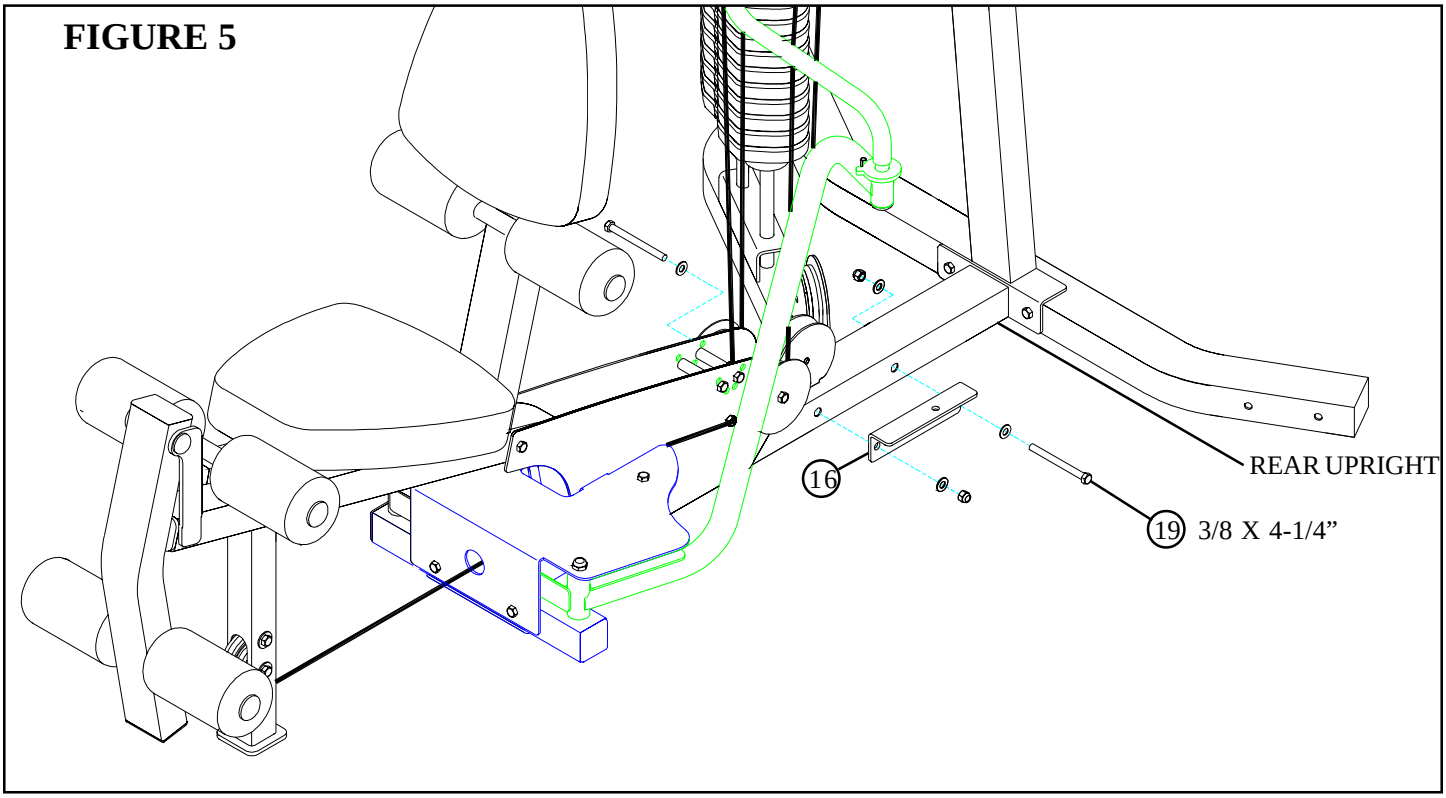


FIGURE 4

STEP 4:

- Remove the two 3/8 X 4” BOLTS, four 3/8” WASHERS and two 3/8” LOCK NUTS from the REAR UPRIGHT as shown in FIGURE 4. Discard the 3/8 X 4” BOLTS.

FIGURE 5



STEP 5:

- **SECURELY** assemble the PULLEY L-BRACKET (16) to the REAR UPRIGHT using two 3/8 X 4-1/4” BOLTS (19), four previously removed 3/8” WASHERS and two previously removed 3/8” LOCK NUTS as shown in FIGURE 5.

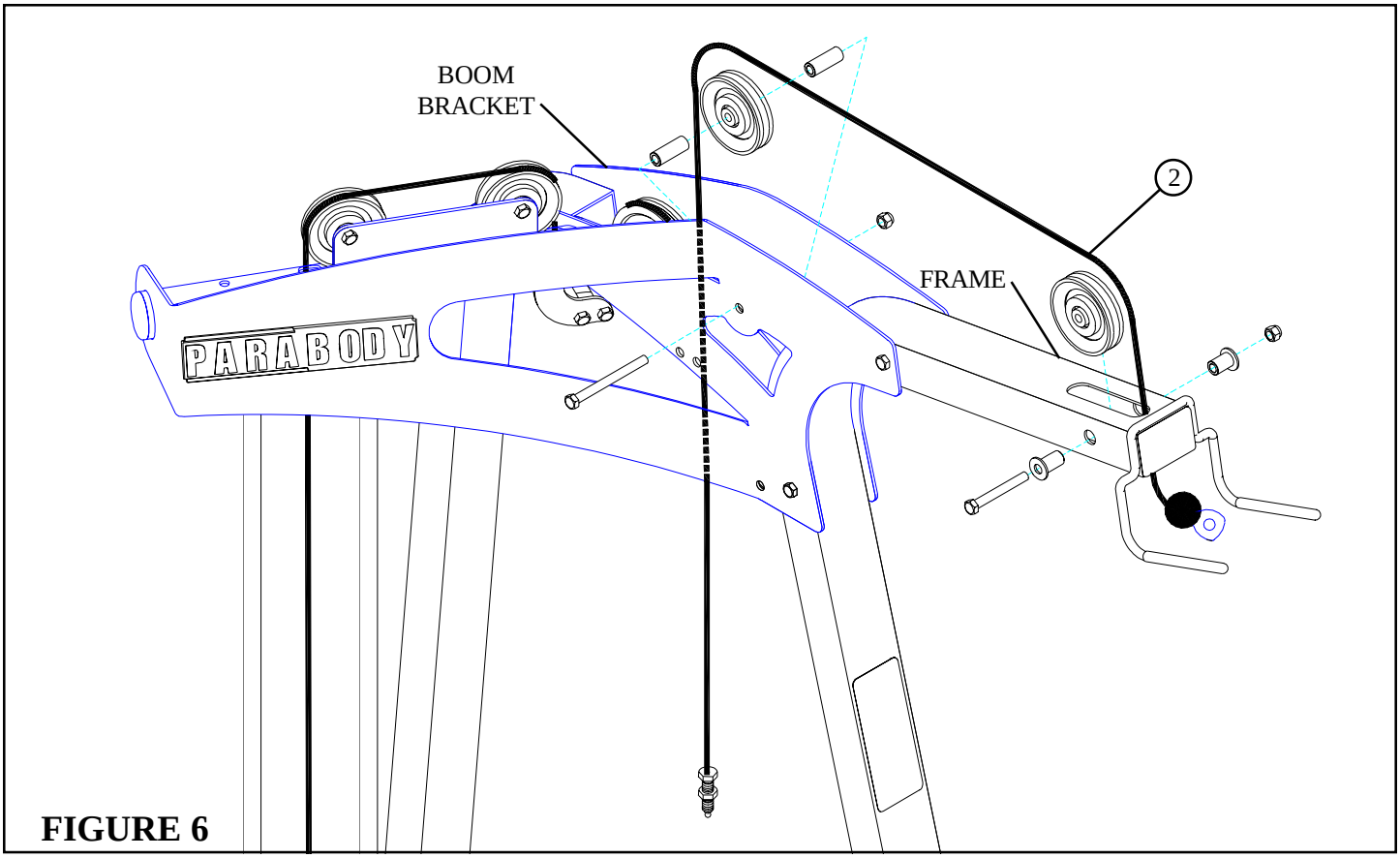
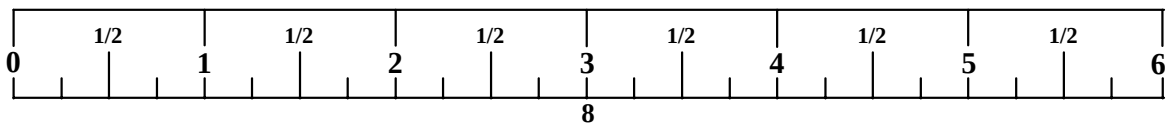


FIGURE 6

STEP 6:

- Route the SHORT LEG CABLE (2) through the FRAME and BOOM BRACKET as shown in FIGURE 4. **(NOTE: Remove pulleys for ease of installation.)**



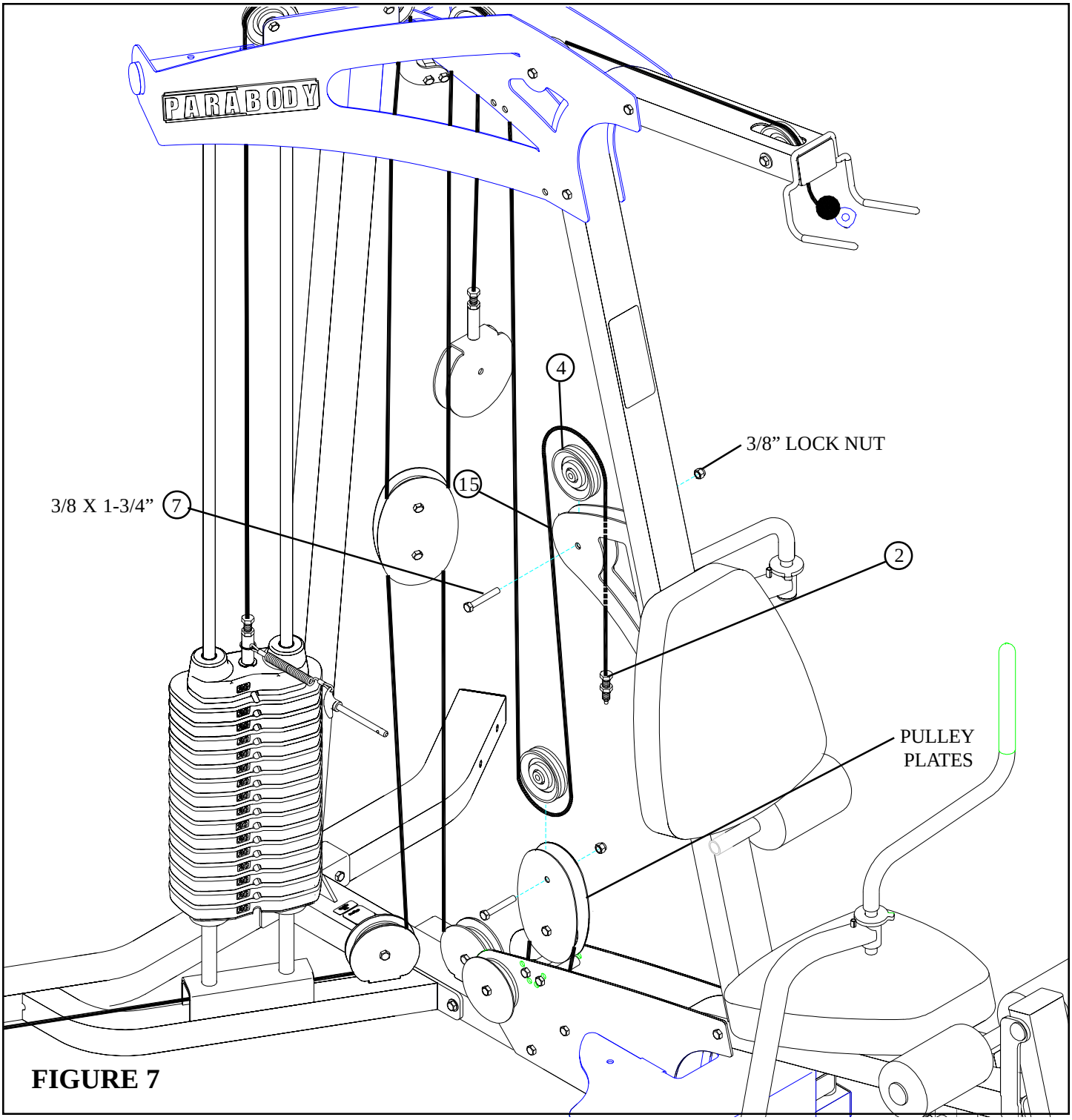


FIGURE 7

STEP 7:

- Route the SHORT LEG PRESS CABLE (2) through the PULLEY PLATES as shown in FIGURE 7.
- Route the SHORT LEG PRESS CABLE (2) around one 3-1/2" PULLEY (4) and assemble the PULLEY to the PULLEY BRACKET (15) using one 3/8 X 1-3/4" BOLT (7) and one previously removed 3/8" LOCK NUT. See FIGURE 7.**(Note: Loop the SHORT LEG CABLE (2) around the PULLEY prior to assembling the PULLEY to the PULLEY BRACKET.)**

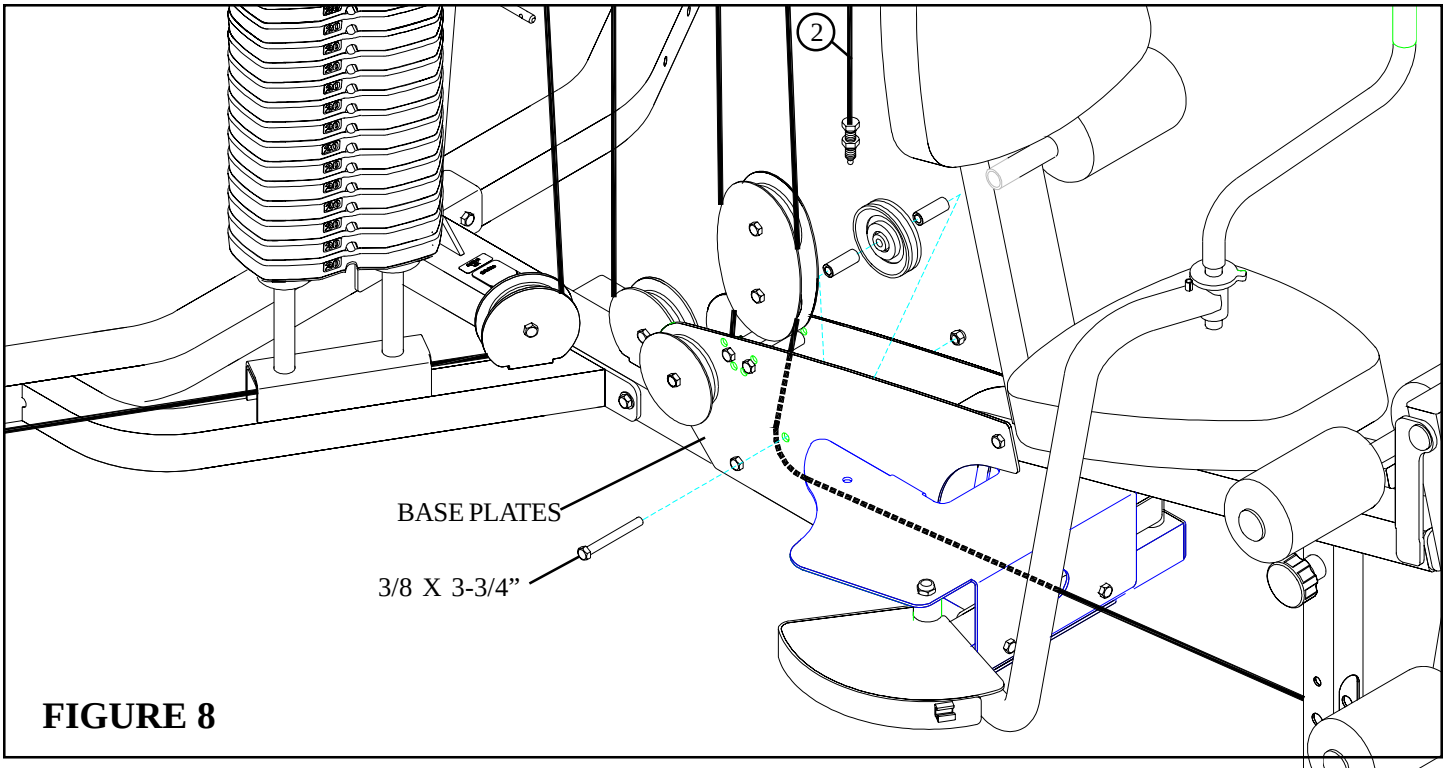


FIGURE 8

STEP 8:

- Remove the 3-1/2” PULLEY, one 3/8 X 3-3/4” BOLT, two 3/8 X 1” SPACERS and one 3/8” LOCK NUT from the BASE PLATES as shown in FIGURE 8. Discard one of the 3/8 X 1” SPACERS.

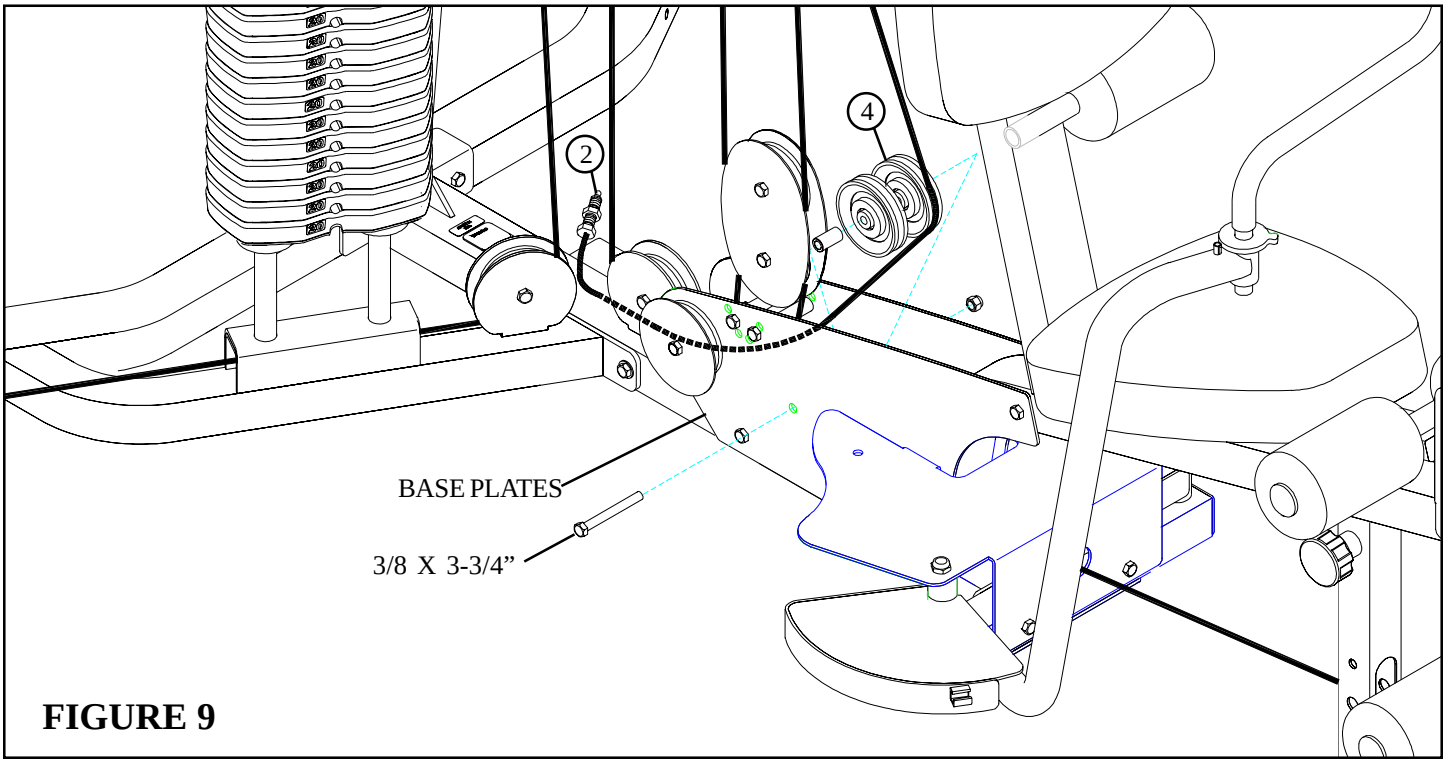
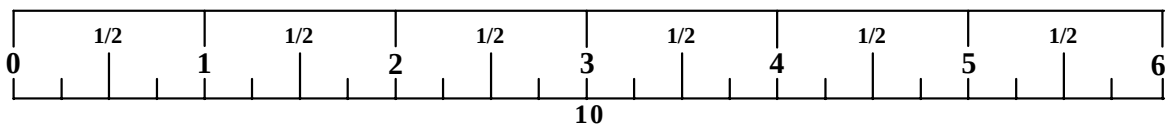
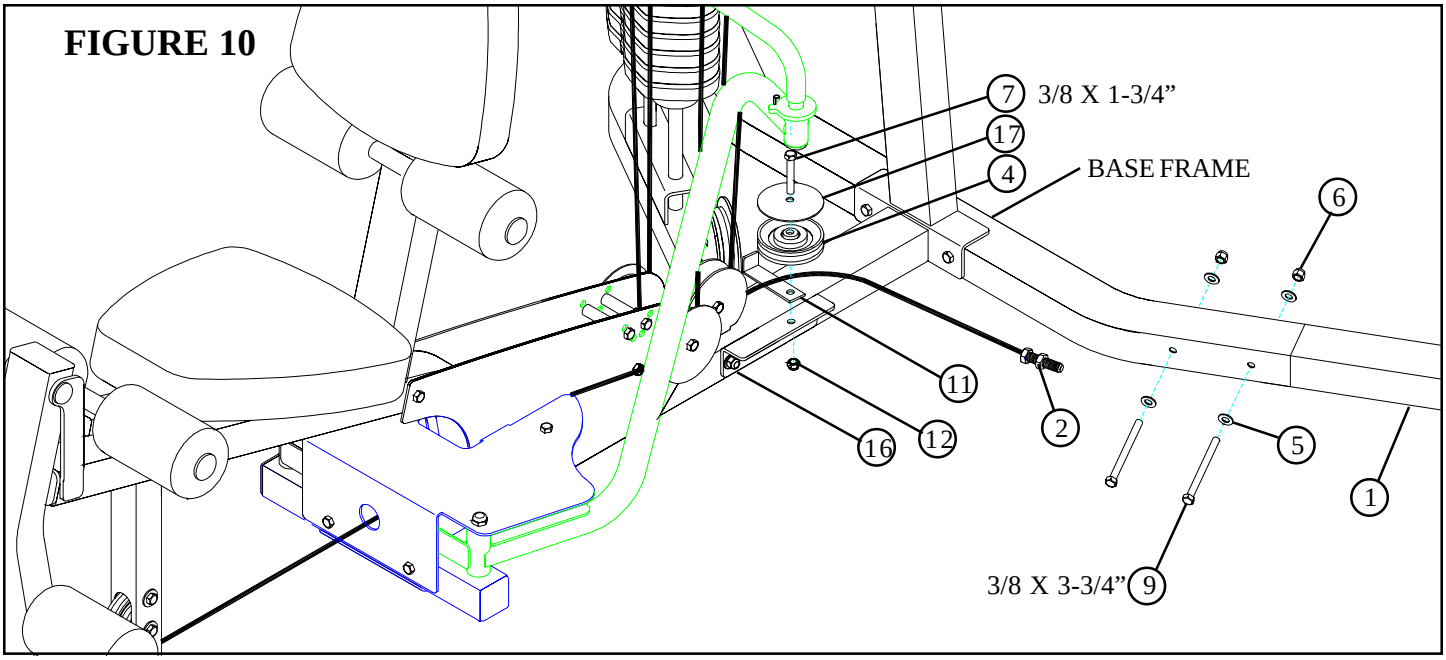


FIGURE 9

STEP 9:

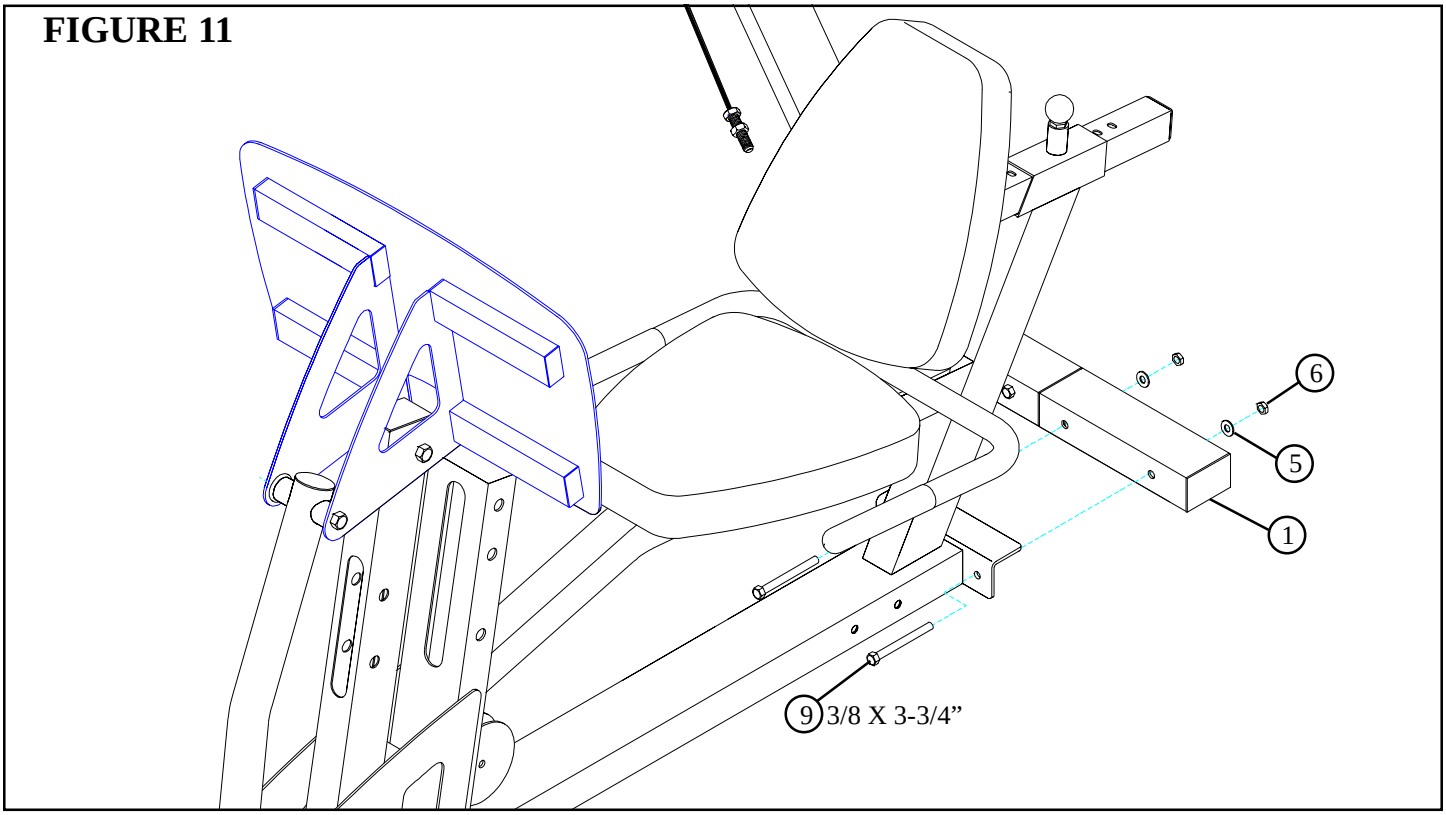
- **SECURELY** assemble the previously removed 3-1/2” PULLEY, one previously removed 3/8 X 1” SPACER and one 3-1/2” PULLEY (4) to the BASE PLATES using one previously removed 3/8 X 3-3/4” BOLT and one 3/8” LOCK NUT. See FIGURE 9.**(Note: Loop the SHORT LEG PRESS CABLE (2) around the PULLEY prior to assembling the PULLEY to the BASE PLATES.)**





STEP 10:

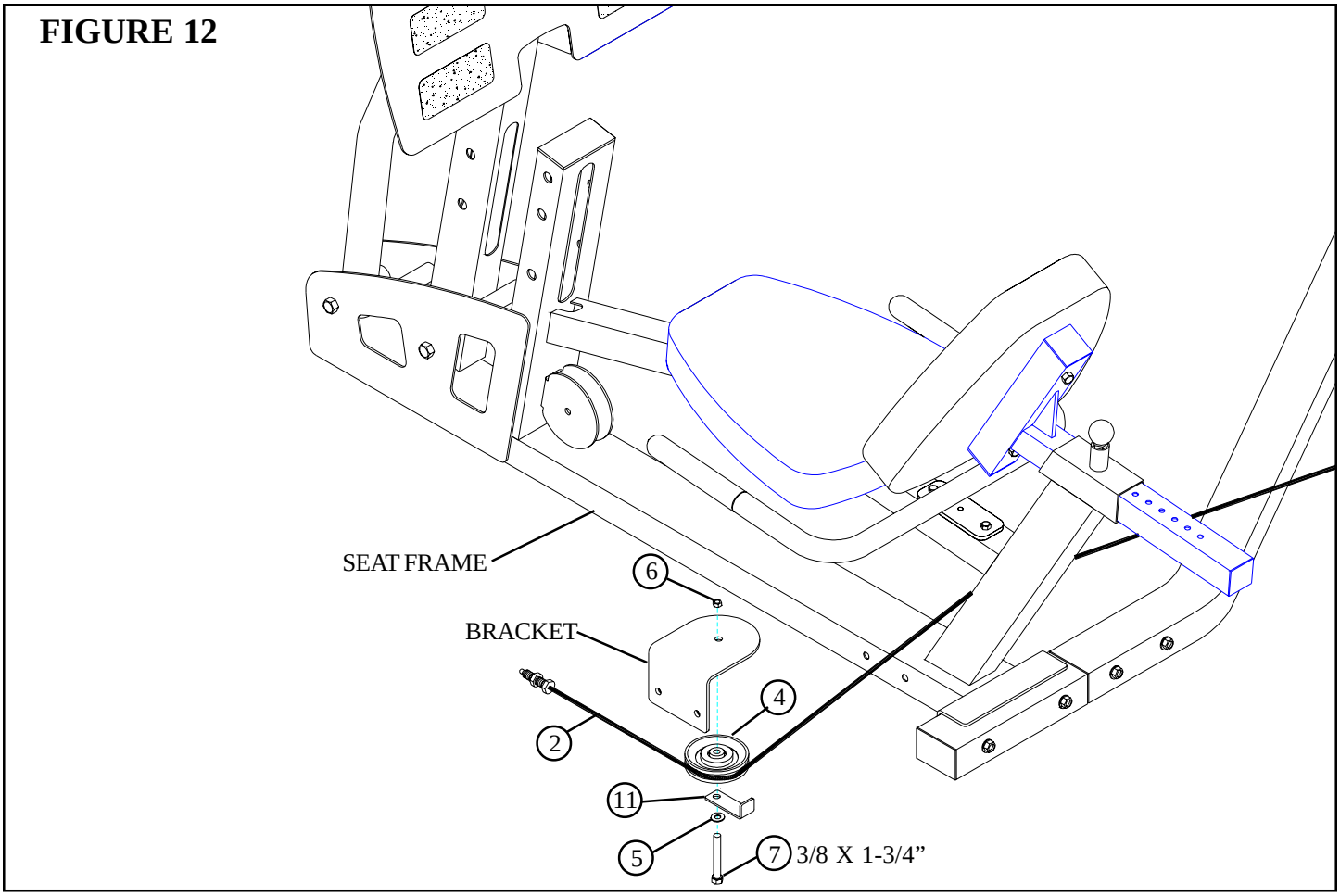
- Route the SHORT LEG PRESS CABLE (2) around one 3-1/2” PULLEY (4) and assemble the 3-1/2” PULLEY, PULLEY PLATE (17) and one CABLE CLIP (11) to the PULLEY L-BRACKET (16) using one 3/8 X 1-3/4” BOLT (7) and one 3/8” LOW HEIGHT LOCK NUT (12) as shown in FIGURE 10.
- **SECURELY** assemble the LEG PRESS ADAPTER (1) to the BASE FRAME using one 3/8 X 3-3/4” BOLT (9), one previously removed 3/8 X 3-3/4” BOLT, two 3/8” WASHERS (5), two previously removed 3/8” WASHERS and two 3/8” LOCK NUTS (6) as shown in FIGURE 10.



STEP 11:

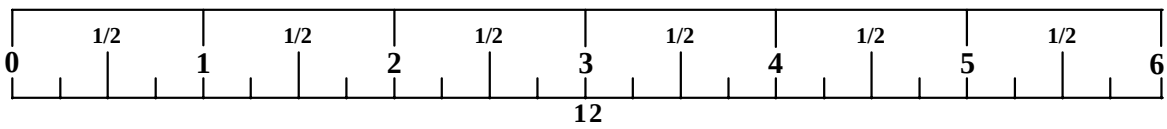
- **SECURELY** attach the 100 LEG PRESS to the LEG PRESS ADAPTER (1) using two 3/8” X 3-3/4” BOLTS (9), two 3/8” WASHERS (5) and two 3/8” LOCK NUTS (6). See FIGURE 11.

FIGURE 12



STEP 12:

- Carefully route the SHORT LEG PRESS CABLE (2) around one 3-1/2” PULLEY (4) and **SECURELY** assemble the 3-1/2” PULLEY (4) to the BRACKET (from 100 LEG PRESS kit) using one 3/8 X 1-3/4” BOLT (7), one 3/8” WASHER (5), one CABLE CLIP (11) and one 3/8” LOCK NUT (6) as shown in FIGURE 12. Make sure the CABLE is in the grooves of all the pulleys.



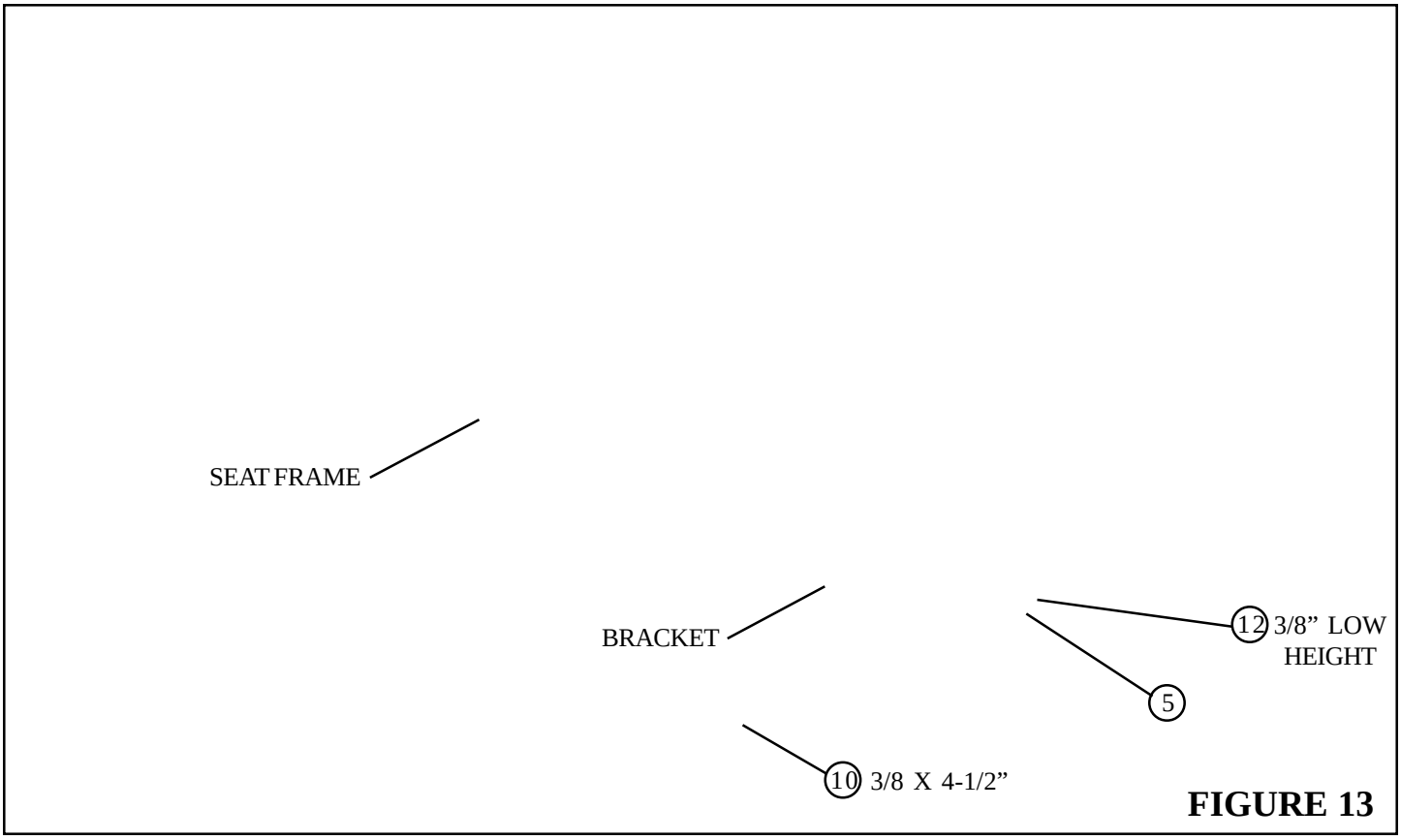


FIGURE 13

STEP 13:

- **SECURELY** attach the BRACKET (from 100 LEG PRESS) to the SEAT FRAME using two 3/8" X 4-1/2" BOLTS (10), two 3/8" WASHERS (5), and two 3/8" LOW HEIGHT LOCK NUTS (12). See FIGURE 13.

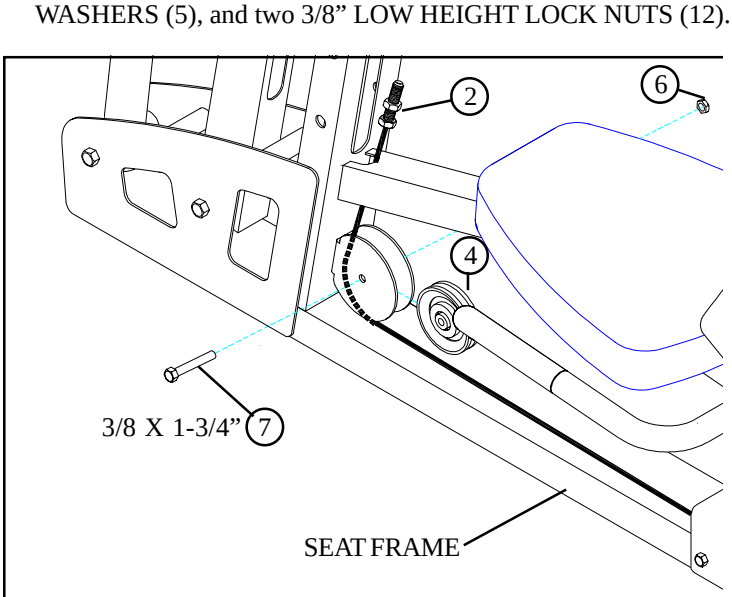
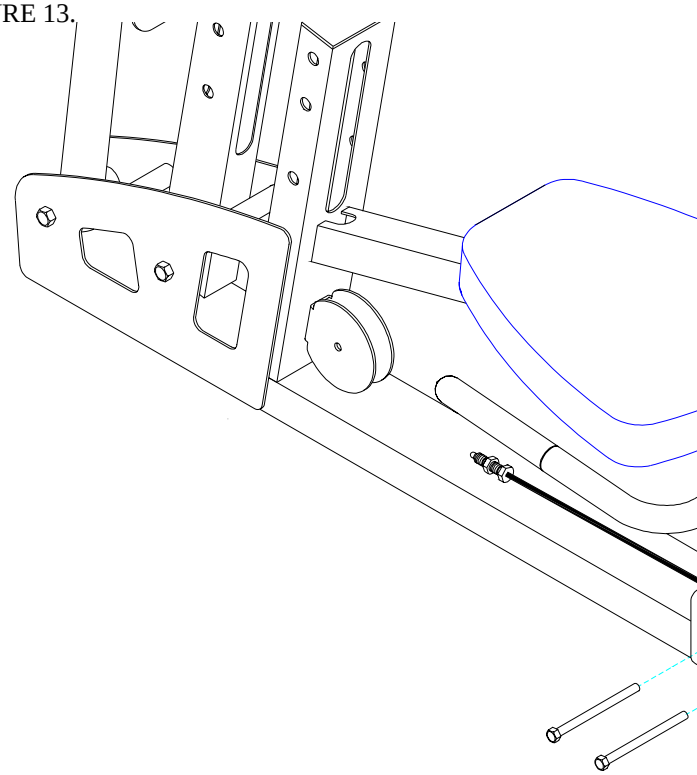


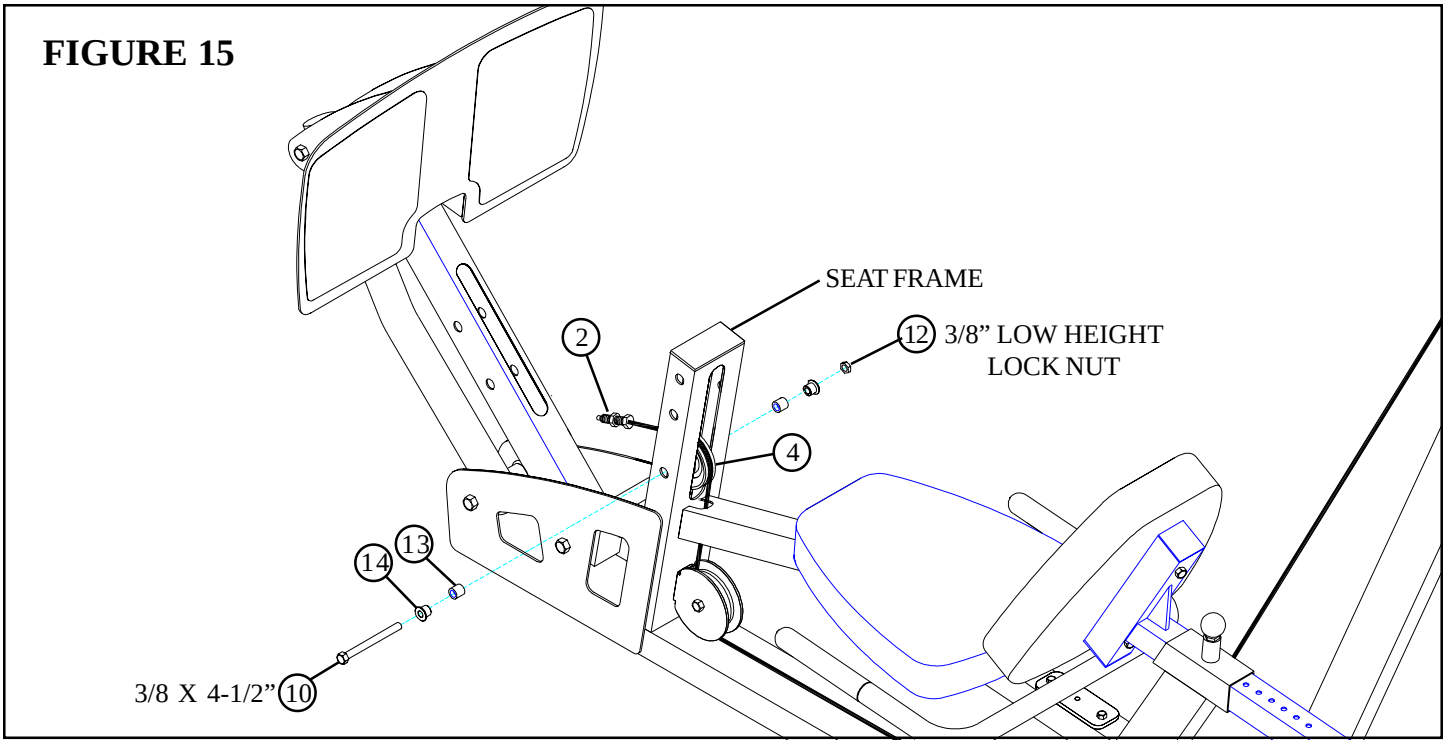
FIGURE 14



STEP 14:

- Carefully route the LEG PRESS CABLE (2) around one 3-1/2" I
  the bracket on the SEAT FRAME using one 3/8 X 1-3/4" BOLT (7) and one 3/8" LOCK NUT (6) as shown in FIGURE 14. Make sure the CABLE is in the grooves of all the pulleys.

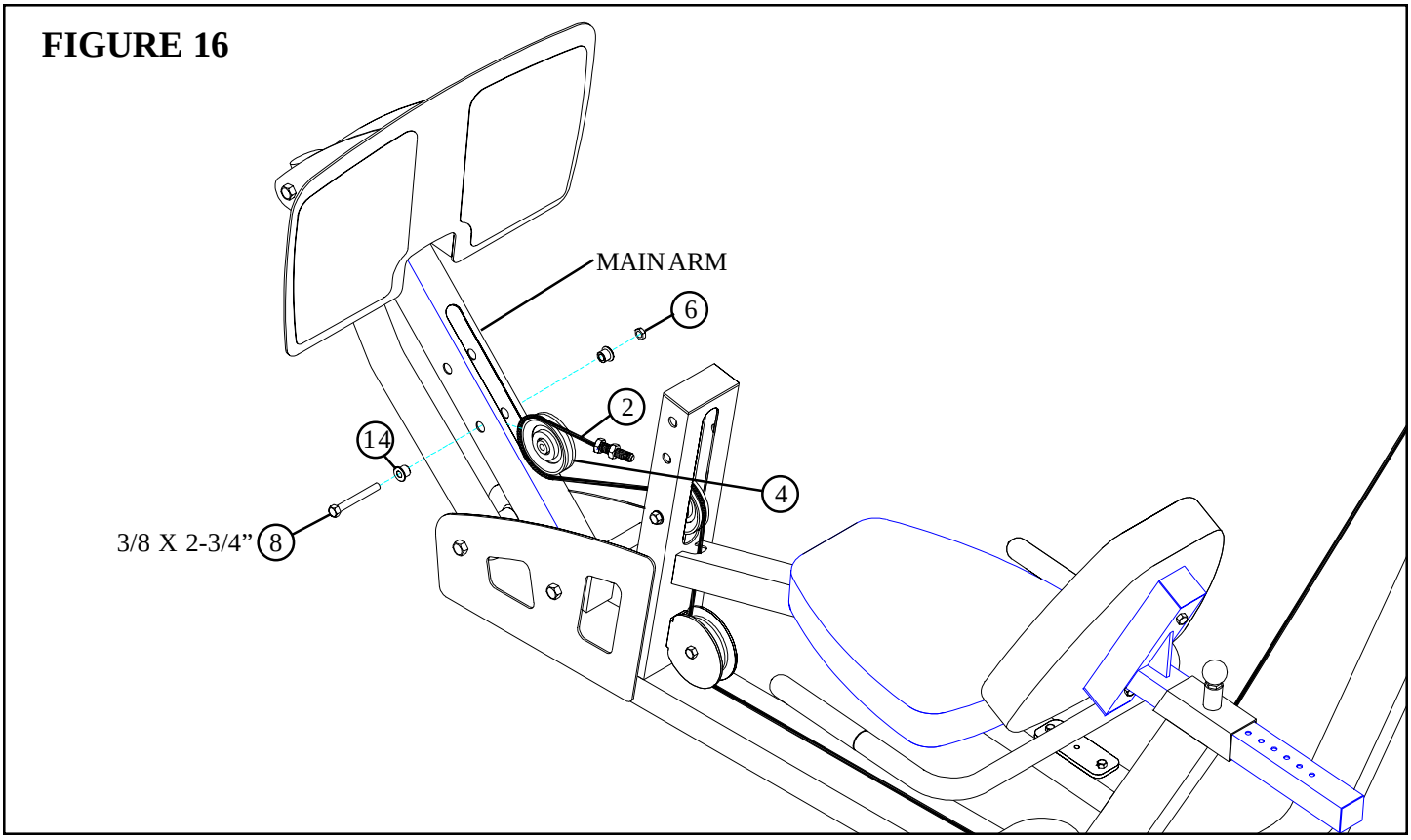
FIGURE 15



STEP15:

- Carefully route the SHORT LEG PRESS CABLE (2) around one 3-1/2” PULLEY (4) and **SECURELY** assemble the 3-1/2” PULLEY (4) to the SEAT FRAME using one 3/8 X 4-1/2” BOLT (10), two 3/8” FLANGE SPACERS (14), two 3/8 X 1” SPACERS (13) and one 3/8” LOW HEIGHT LOCK NUT (12) as shown in FIGURE 15. Make sure the CABLE is in the grooves of all the pulleys.

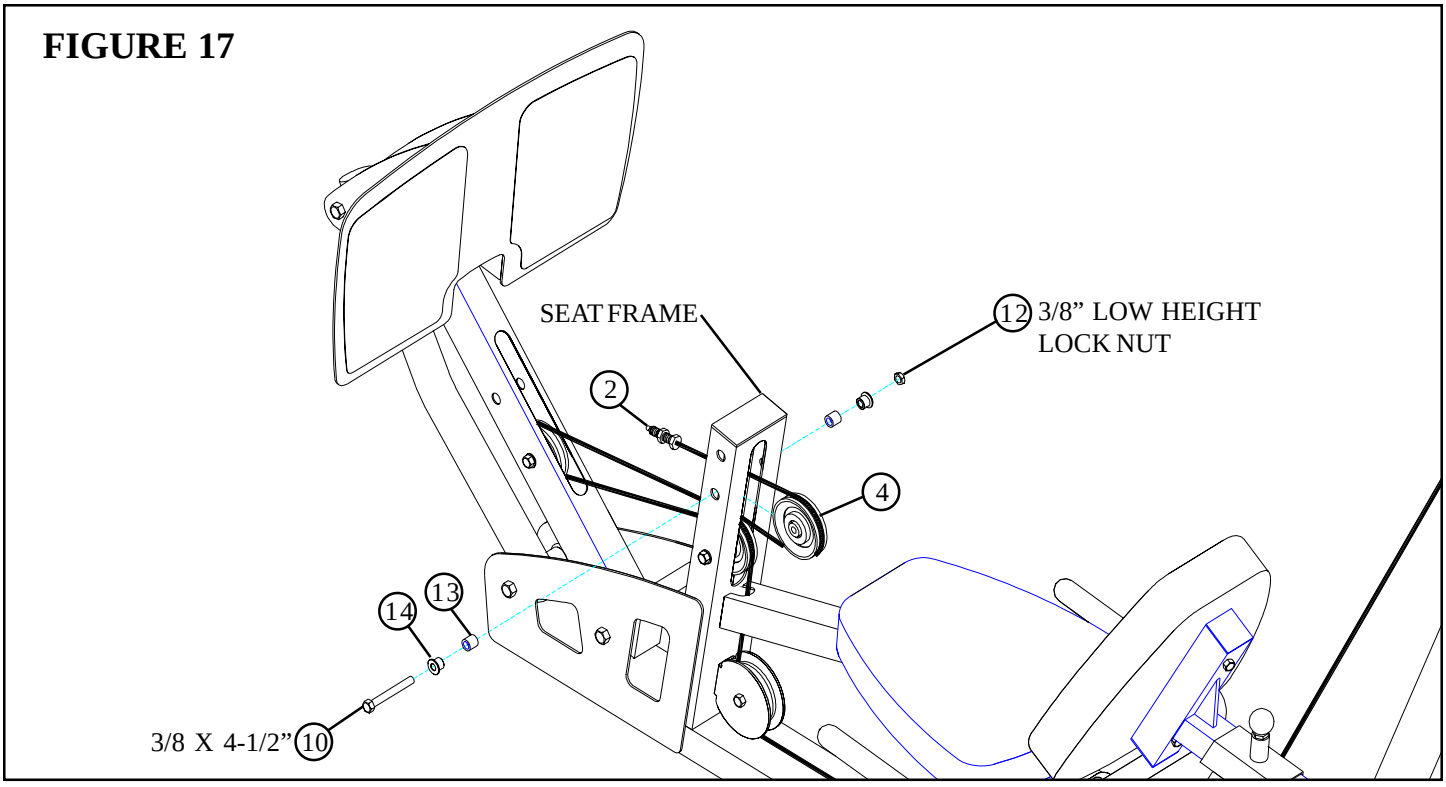
FIGURE 16



STEP 16:

- Carefully route the SHORT LEG PRESS CABLE (2) around one 3-1/2” PULLEY (4) and **SECURELY** assemble the 3-1/2” PULLEY (4) to the MAIN ARM using one 3/8 X 2-3/4” BOLT (8), two 3/8” FLANGE SPACERS (14) and one 3/8” LOCK NUT (6) as shown in FIGURE 16. Make sure the CABLE is in the grooves of all the pulleys.

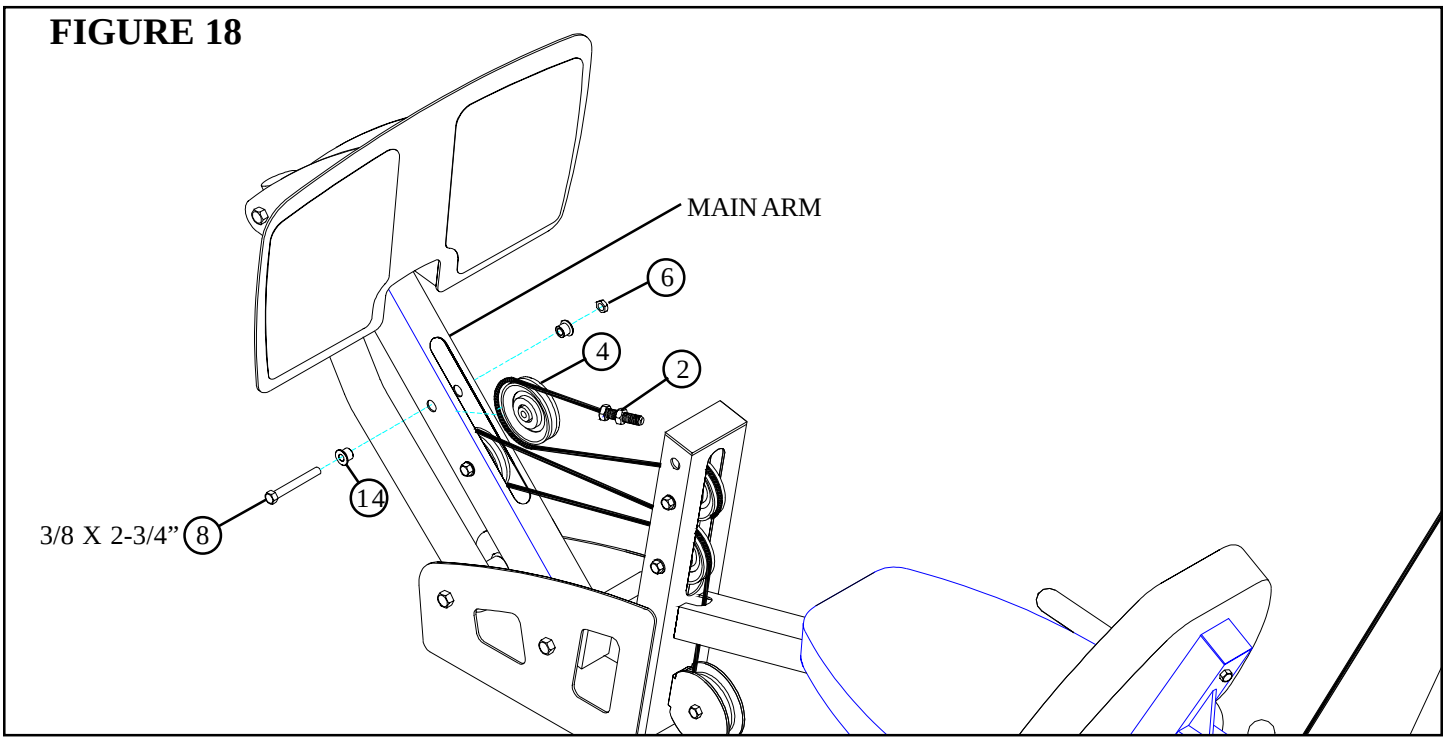
FIGURE 17



STEP 17:

- Carefully route the SHORT LEG PRESS CABLE (2) around one 3-1/2" PULLEY (4) and **SECURELY** assemble the 3-1/2" PULLEY (4) to the SEAT FRAME using one 3/8 X 4-1/2" BOLT (10), two 3/8 X 1" SPACERS (13), two 3/8" FLANGE SPACERS (14) and one 3/8" LOW HEIGHT LOCK NUT (12) as shown in FIGURE 17. Make sure the CABLE is in the grooves of all the pulleys.

FIGURE 18



STEP 18:

- Carefully route the SHORT LEG PRESS CABLE (2) around one 3-1/2" PULLEY (4) and **SECURELY** assemble the 3-1/2" PULLEY (4) to the MAIN ARM using one 3/8 X 2-3/4" BOLT (8), two 3/8" FLANGE SPACERS (14) and one 3/8" LOCK NUT (6) as shown in FIGURE 18. Make sure the CABLE is in the grooves of all the pulleys.

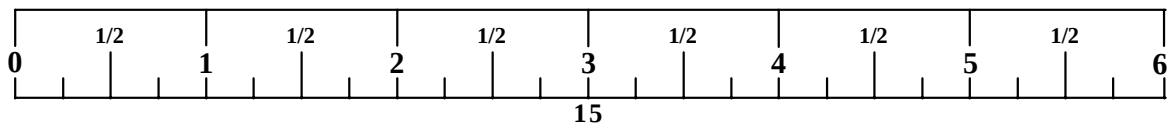
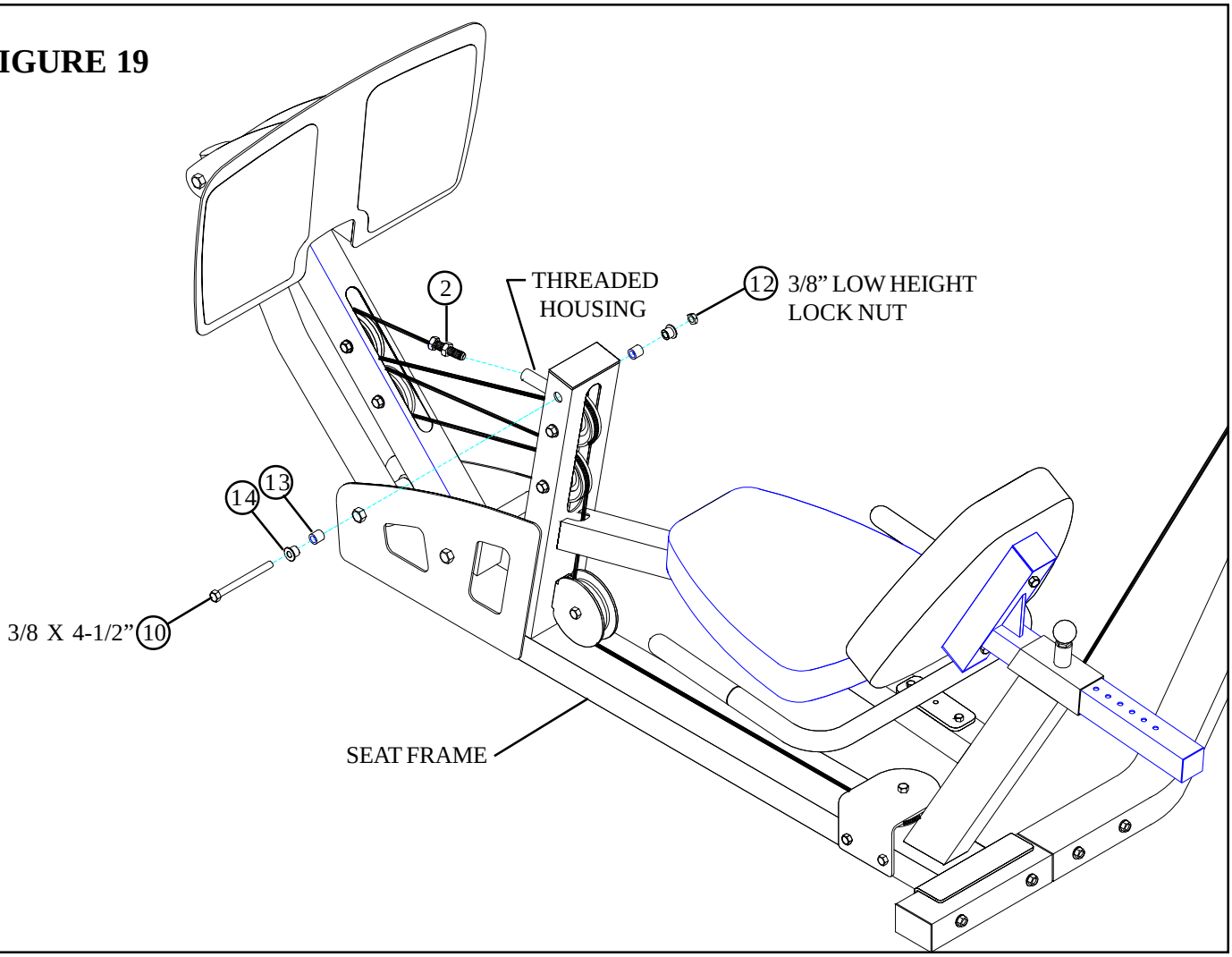


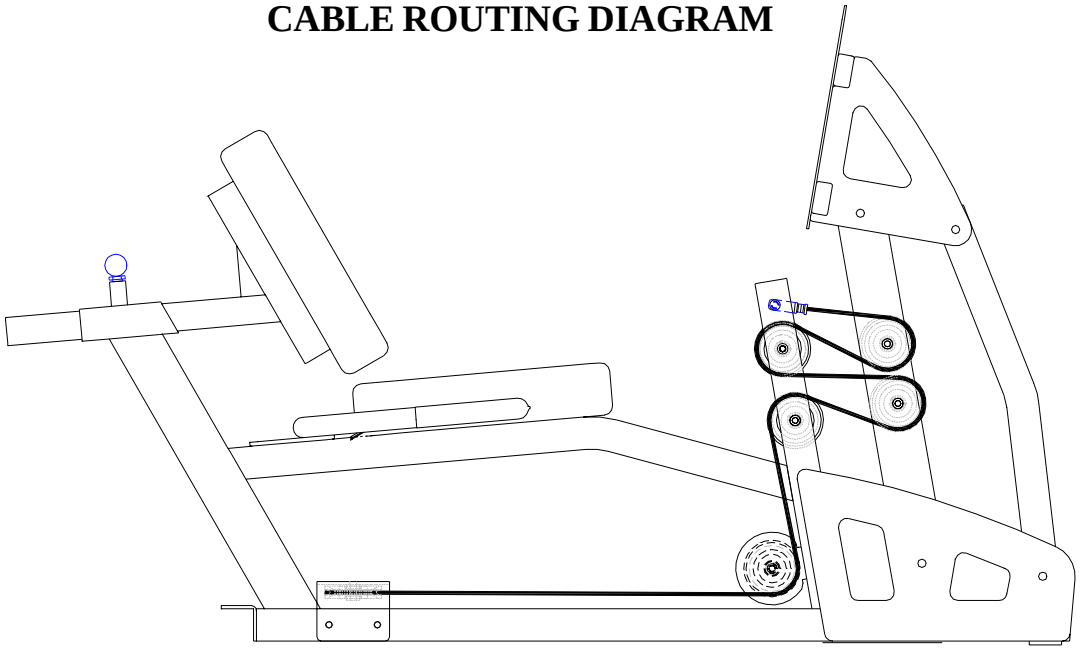
FIGURE 19



STEP 19:

- **SECURELY** assemble the threaded end of the SHORT LEG PRESS CABLE (2) to the SEAT FRAME using one 3/8 X 4-1/2" BOLT (10), two 3/8 X 1" SPACERS (13), one previosly removed THREADED HOUSING, two 3/8" FLANGE SPACERS (14) and one 3/8"LOW HEIGHT LOCK NUT (12).

CABLE ROUTING DIAGRAM



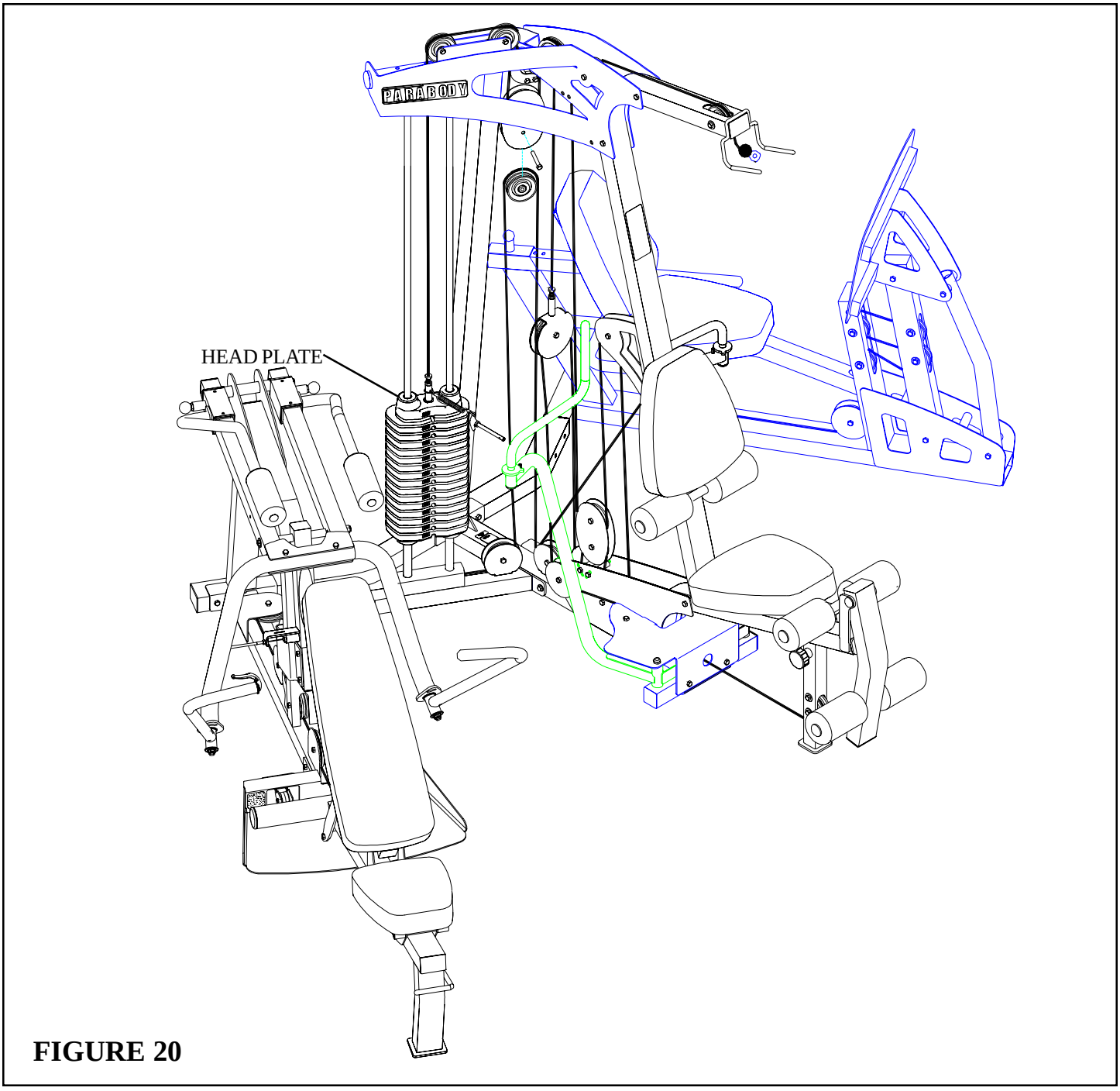


FIGURE 20

STEP 20:

- To set the correct amount of tension in the cables, push the HEAD PLATE down, insert the WEIGHT SELECTOR PIN and perform several repititions at the leg press station.This will relax the cable system and prevent the HEAD PLATE from lifting up.

- If further CABLE ADJUSTMENT is needed, reference the 880 GYM SYSTEM USER'S GUIDE.

- Retain the LONG LEG PRESS CABLE if you plan to purchase the SECOND STACK OPTION in the future.

THIS CONCLUDES THE ASSEMBLY OF THE 880 LEG PRESS ADAPTER KIT

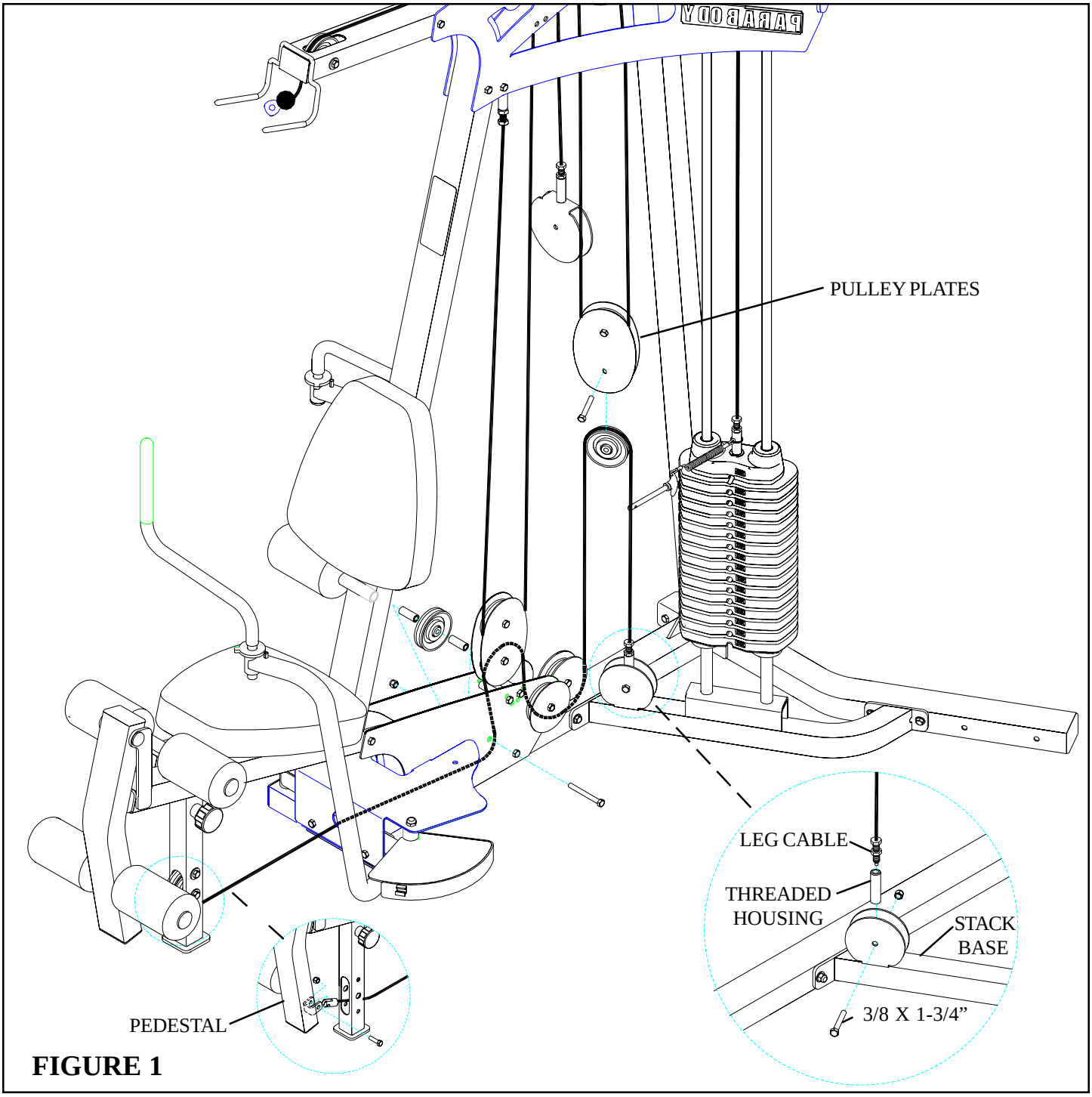


FIGURE 1

STEP 1:

- **NOTE: Follow these steps if assembling the LEG PRESS OPTION to a completely assembled (including cables) 880 GYM SYSTEM with SECOND STACK OPTION (already assemble to the 880), otherwise please refer to PAGE 5.**
- **If the SECOND STACK OPTION has not been assembled to the 880, refer to the SECOND STACK OPTION USER'S GUIDE. The SECOND STACK OPTION should be assembled before the LEG PRESS OPTION.**
- REMOVE the LEG CABLE and THREADED HOUSING as shown in FIGURE 1. Discard the LEG CABLE. **(NOTE: Remove pulleys for ease of removal.)**

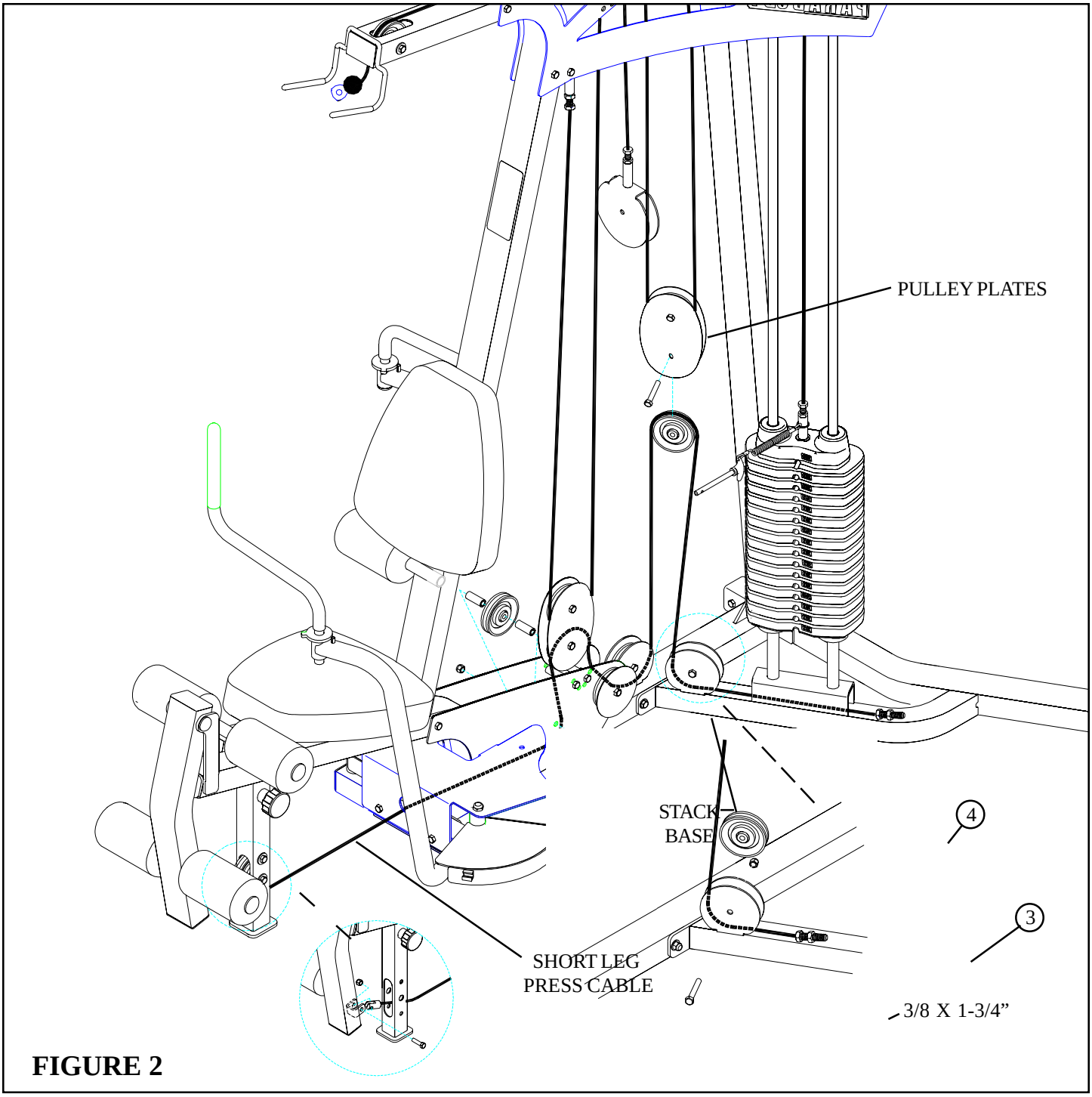


FIGURE 2

STEP 2:

- Assemble the LONG LEG PRESS CABLE (3) to the PEDESTAL and route the LONG LEG PRESS CABLE (3) thru the BASE FRAME as shown in FIGURE 2. **(NOTE: Remove pulleys for ease of installation.)**

- Route the LONG LEG PRESS CABLE (3) around the 3-1/2” PULLEY on the PULLEY PLATES using one existing 3/8 X 1-3/4” BOLT and one existing 3/8” LOCK NUT. See FIGURE 2.

- Route the LONG LEG PRESS CABLE (3) around 3-1/2” PULLEY (4) and assemble to the bracket on the STACK BASE using one existing 3/8 X 1-3/4” BOLT and one existing 3/8” LOCK NUT. See FIGURE 2.

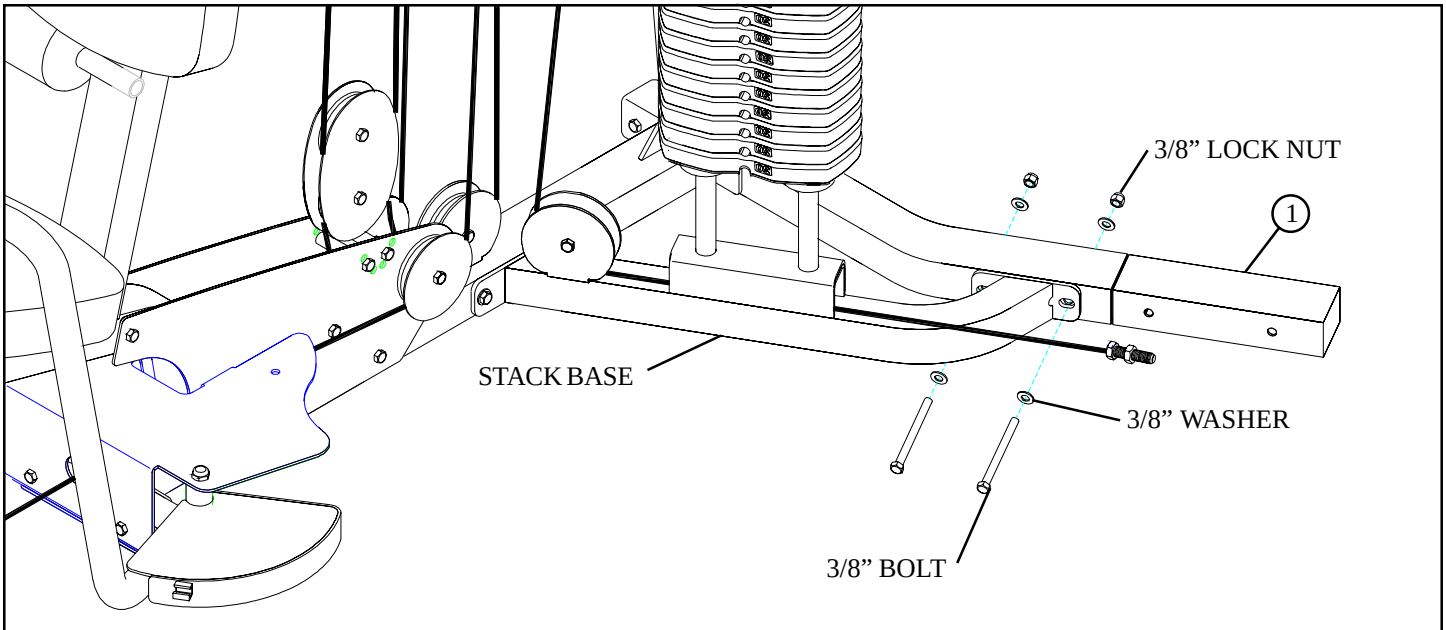
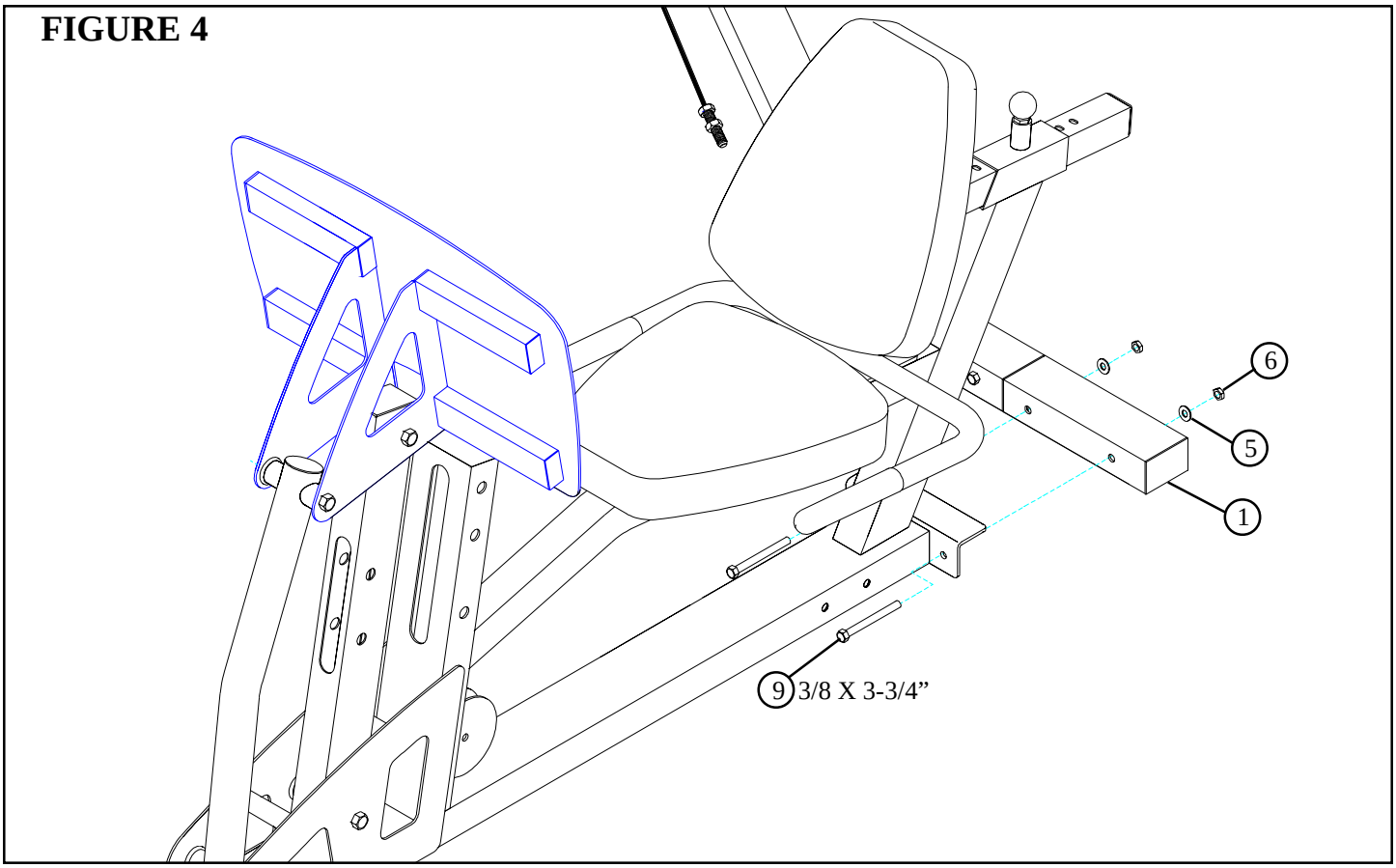


FIGURE 3

STEP 3:

- Remove the two 3/8” BOLTS, 3/8” WASHERS and 3/8” LOCK NUTS from the STACK BASE as shown in FIGURE 3.
- **SECURELY** assemble the LEG PRESS ADAPTER (1) to the STACK BASE using the previously removed 3/8” BOLTS, 3/8” WASHERS and 3/8” LOCK NUTS as shown in FIGURE 3.

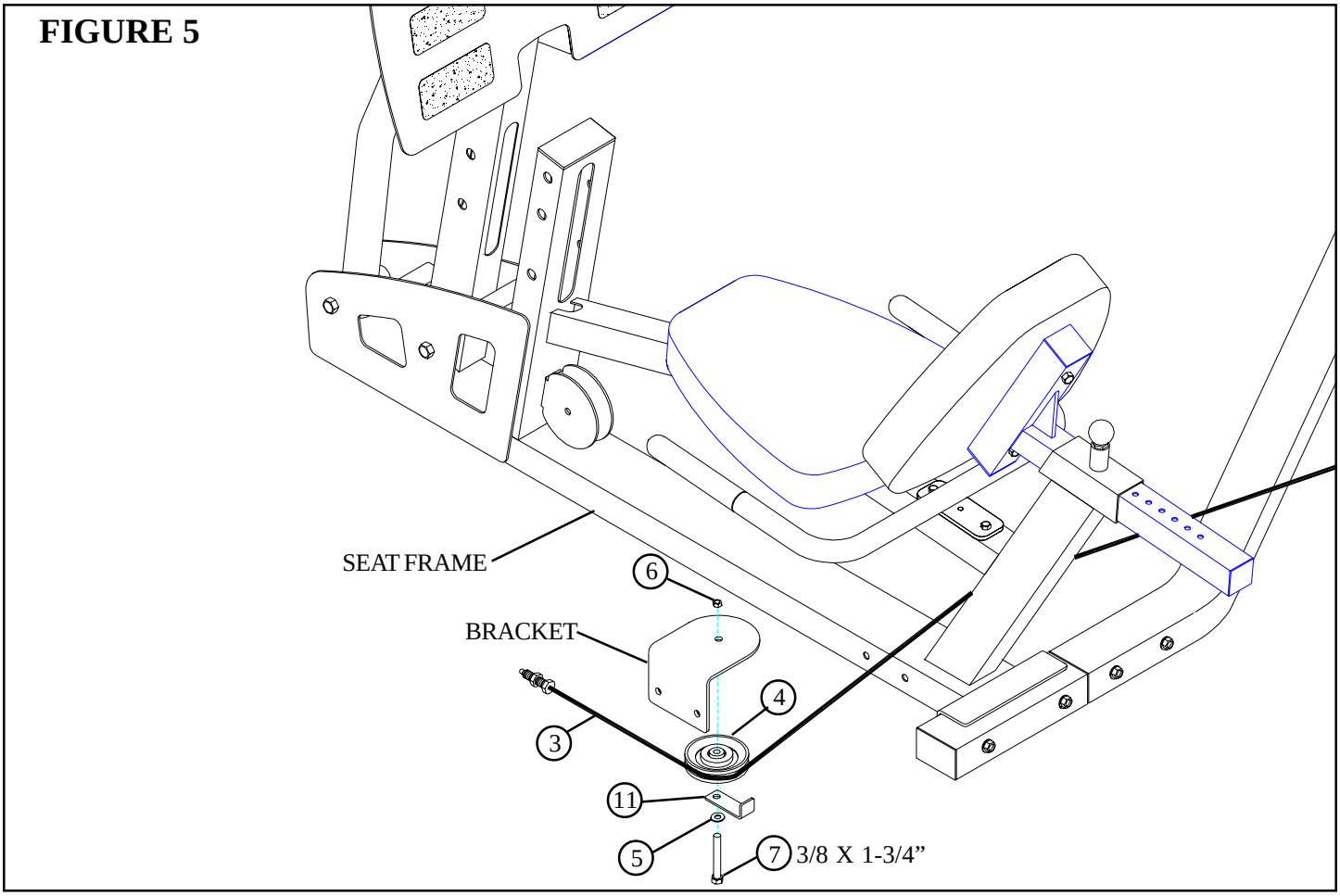
FIGURE 4



STEP 4:

- **SECURELY** attach the 100 LEG PRESS to the LEG PRESS ADAPTER (1) using two 3/8” X 3-3/4” BOLTS (9), two 3/8” WASHERS (5) and two 3/8” LOCK NUTS (6). See FIGURE 4.

FIGURE 5



STEP 5:

- Carefully route the LONG LEG PRESS CABLE (3) around one 3-1/2” PULLEY (4) and **SECURELY** assemble the 3-1/2” PULLEY (4) to the BRACKET (from 100 LEG PRESS kit) using one 3/8 X 1-3/4” BOLT (7), one 3/8” WASHER (5), one CABLE CLIP (11) and one 3/8” LOCK NUT (6) as shown in FIGURE 5. Make sure the CABLE is in the grooves of all the pulleys.

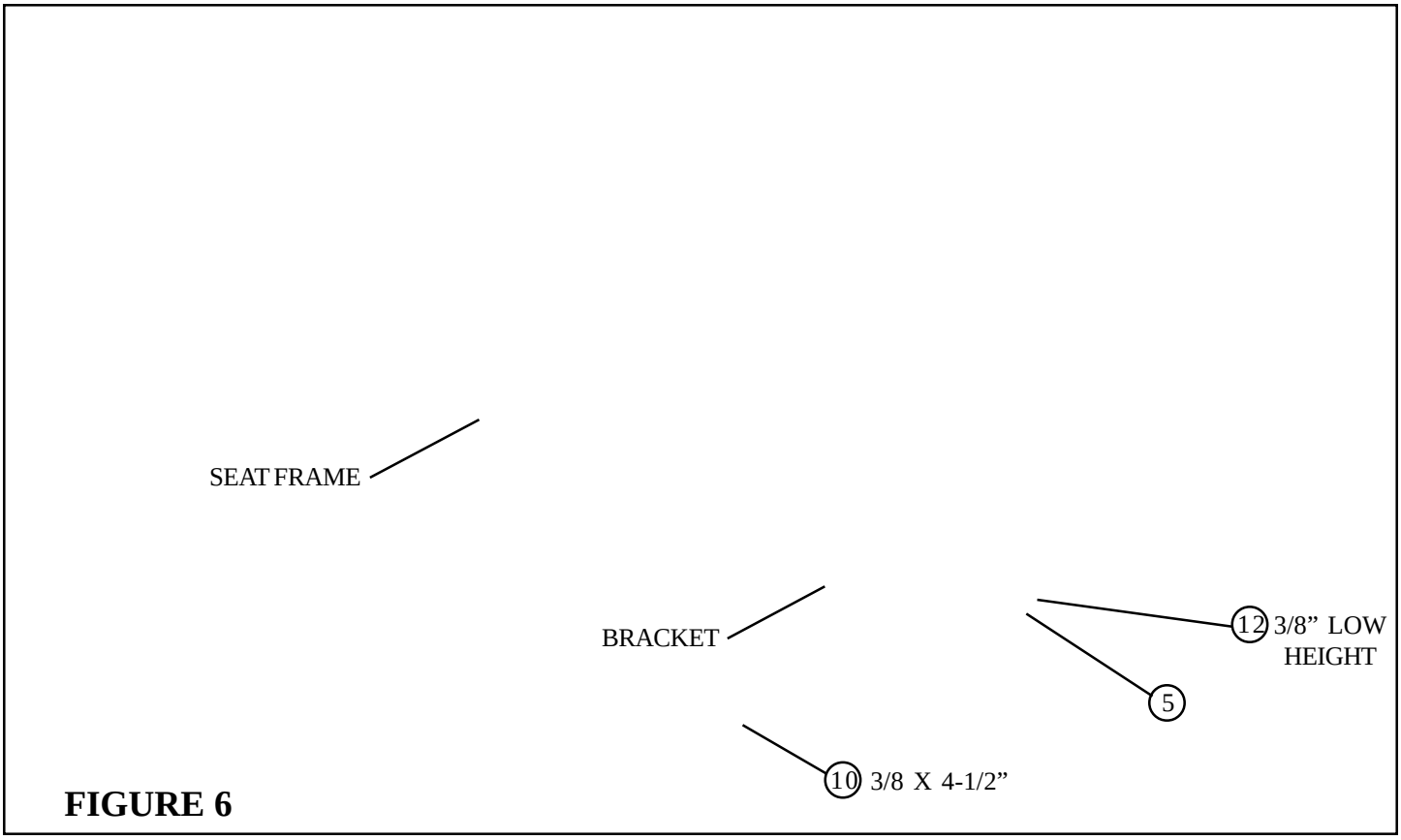


FIGURE 6

STEP 6:

- **SECURELY** attach the BRACKET (from 100 LEG PRESS) to the SEAT FRAME using two 3/8" X 4-1/2" BOLTS (10), two 3/8" WASHERS (5), and two 3/8" LOW HEIGHT LOCK NUTS (12). See FIGURE 6.

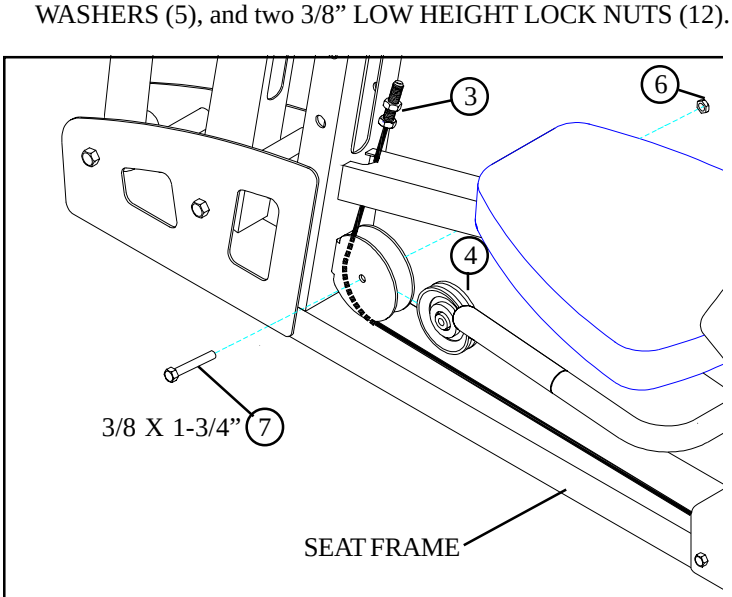
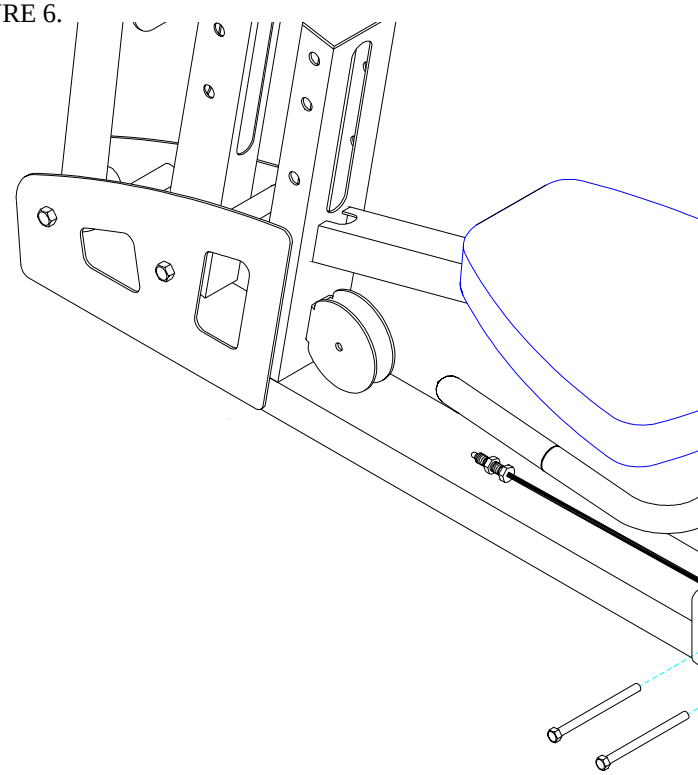


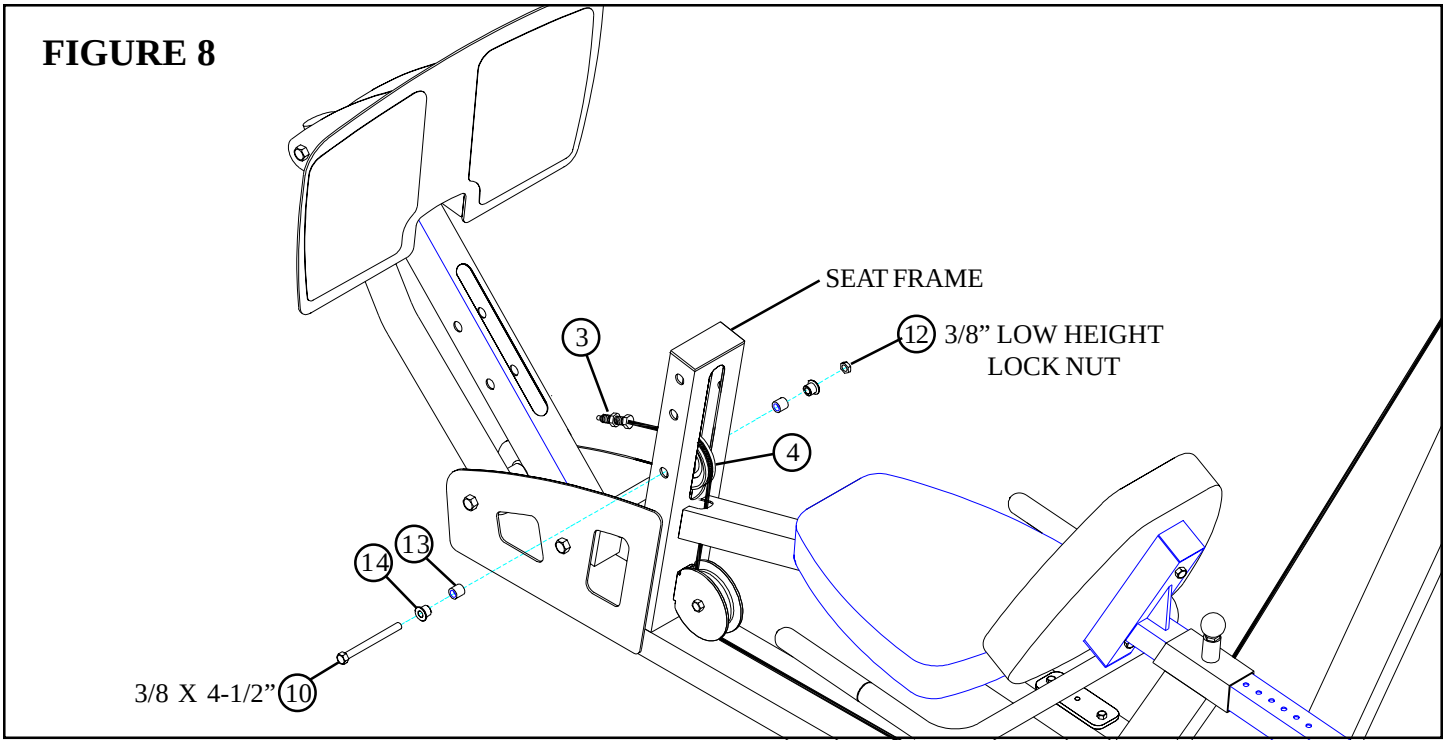
FIGURE 7



STEP 7:

- Carefully route the LONG LEG PRESS CABLE (3) around one 3 (4) to the bracket on the SEAT FRAME using one 3/8 X 1-3/4" BOLT (7) and one 3/8" LOCK NUT (6) as shown in FIGURE 7. Make sure the CABLE is in the grooves of all the pulleys.

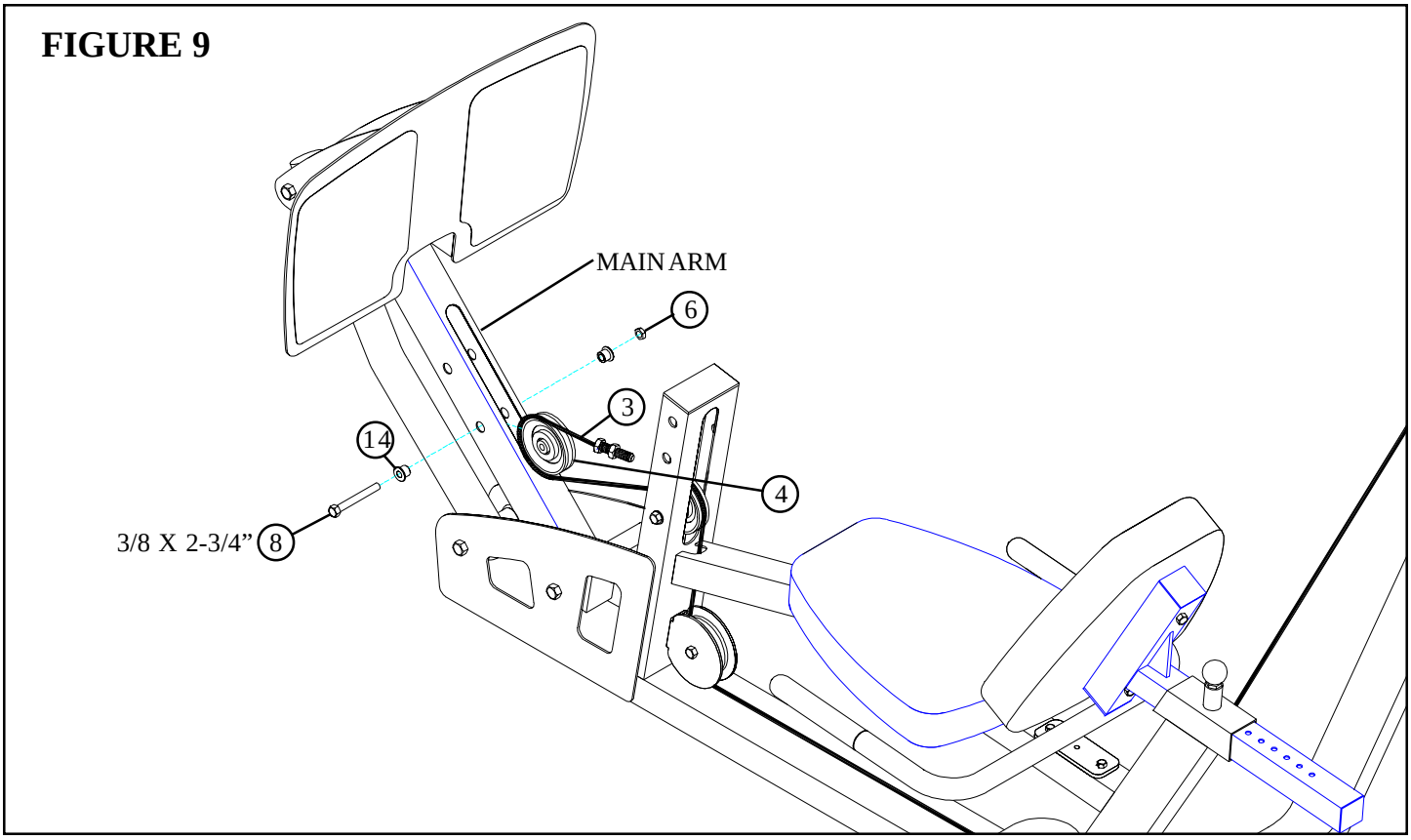
FIGURE 8



STEP 8:

- Carefully route the LONG LEG PRESS CABLE (3) around one 3-1/2” PULLEY (4) and **SECURELY** assemble the 3-1/2” PULLEY (4) to the SEAT FRAME using one 3/8 X 4-1/2” BOLT (10), two 3/8” FLANGE SPACERS (14), two 3/8 X 1” SPACERS (13) and one 3/8” LOW HEIGHT LOCK NUT (12) as shown in FIGURE 8. Make sure the CABLE is in the grooves of all the pulleys.

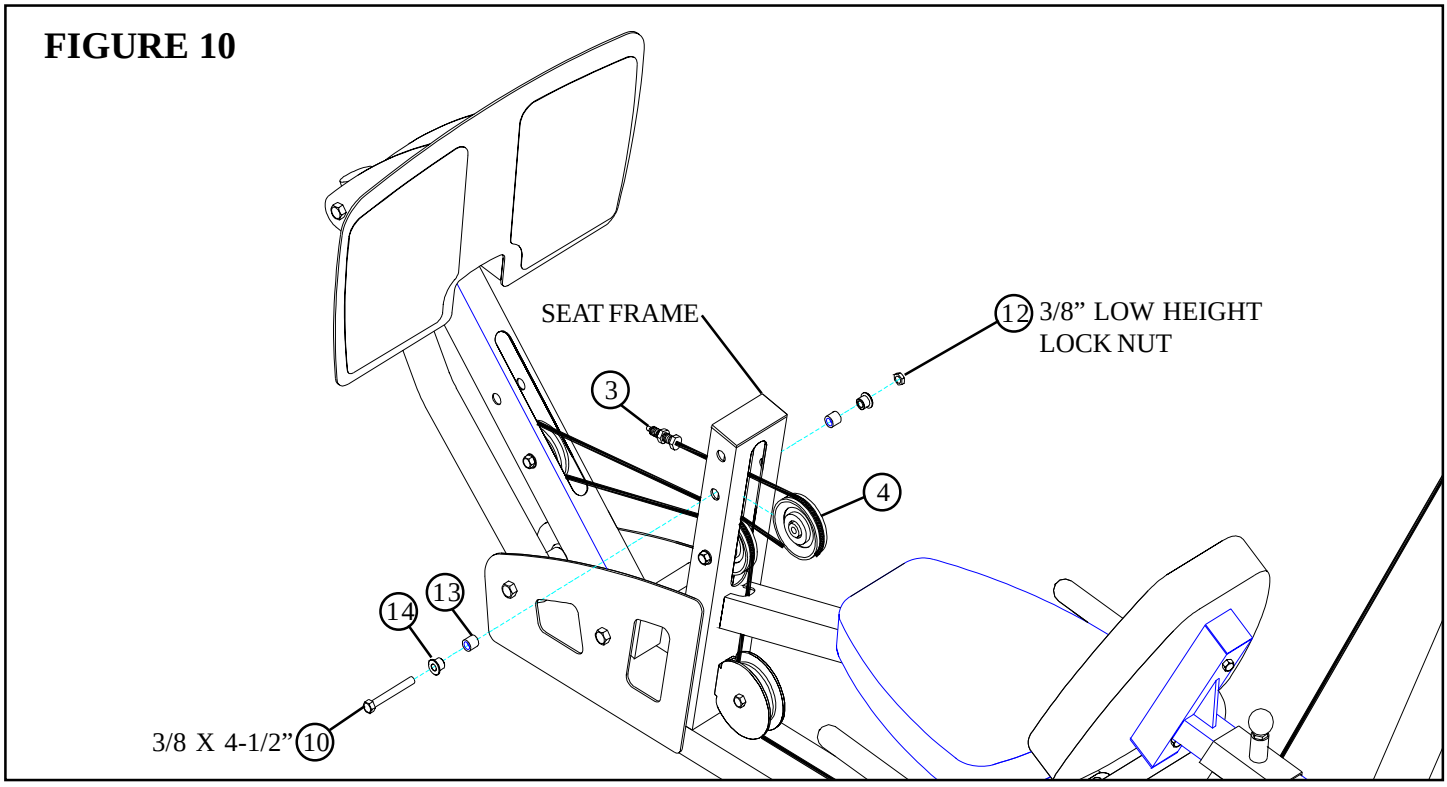
FIGURE 9



STEP 9:

- Carefully route the LONG LEG PRESS CABLE (3) around one 3-1/2” PULLEY (4) and **SECURELY** assemble the 3-1/2” PULLEY (4) to the MAIN ARM using one 3/8 X 2-3/4” BOLT (8), two 3/8” FLANGE SPACERS (14) and one 3/8” LOCK NUT (6) as shown in FIGURE 9. Make sure the CABLE is in the grooves of all the pulleys.

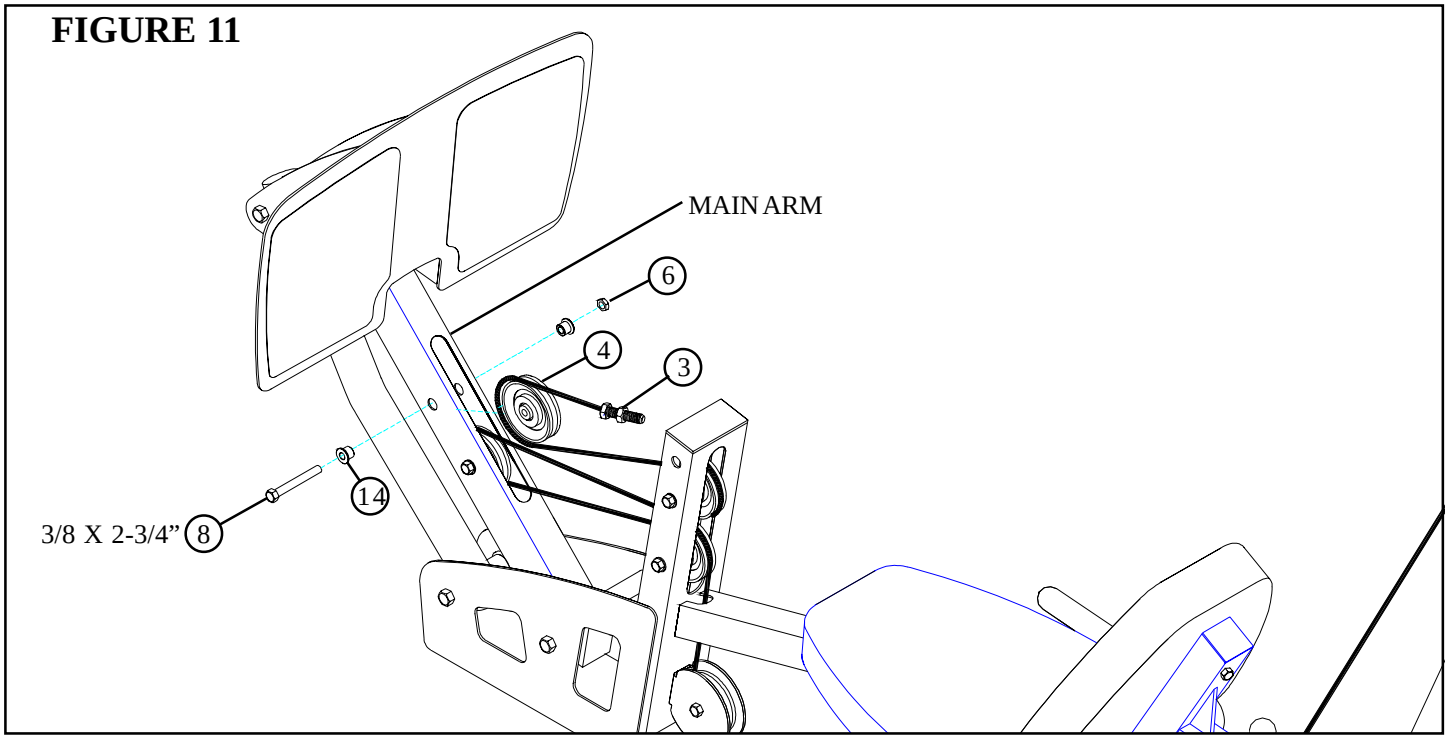
FIGURE 10



STEP 10:

- Carefully route the LONG LEG PRESS CABLE (3) around one 3-1/2” PULLEY (4) and **SECURELY** assemble the 3-1/2” PULLEY (4) to the SEAT FRAME using one 3/8 X 4-1/2” BOLT (10), two 3/8 X 1” SPACERS (13), two 3/8” FLANGE SPACERS (14) and one 3/8” LOW HEIGHT LOCK NUT (12) as shown in FIGURE 10. Make sure the CABLE is in the grooves of all the pulleys.

FIGURE 11



STEP 11:

- Carefully route the LONG LEG PRESS CABLE (3) around one 3-1/2” PULLEY (4) and **SECURELY** assemble the 3-1/2” PULLEY (4) to the MAIN ARM using one 3/8 X 2-3/4” BOLT (8), two 3/8” FLANGE SPACERS (14) and one 3/8” LOCK NUT (6) as shown in FIGURE 11. Make sure the CABLE is in the grooves of all the pulleys.

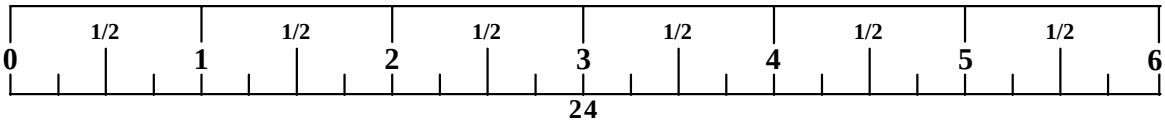
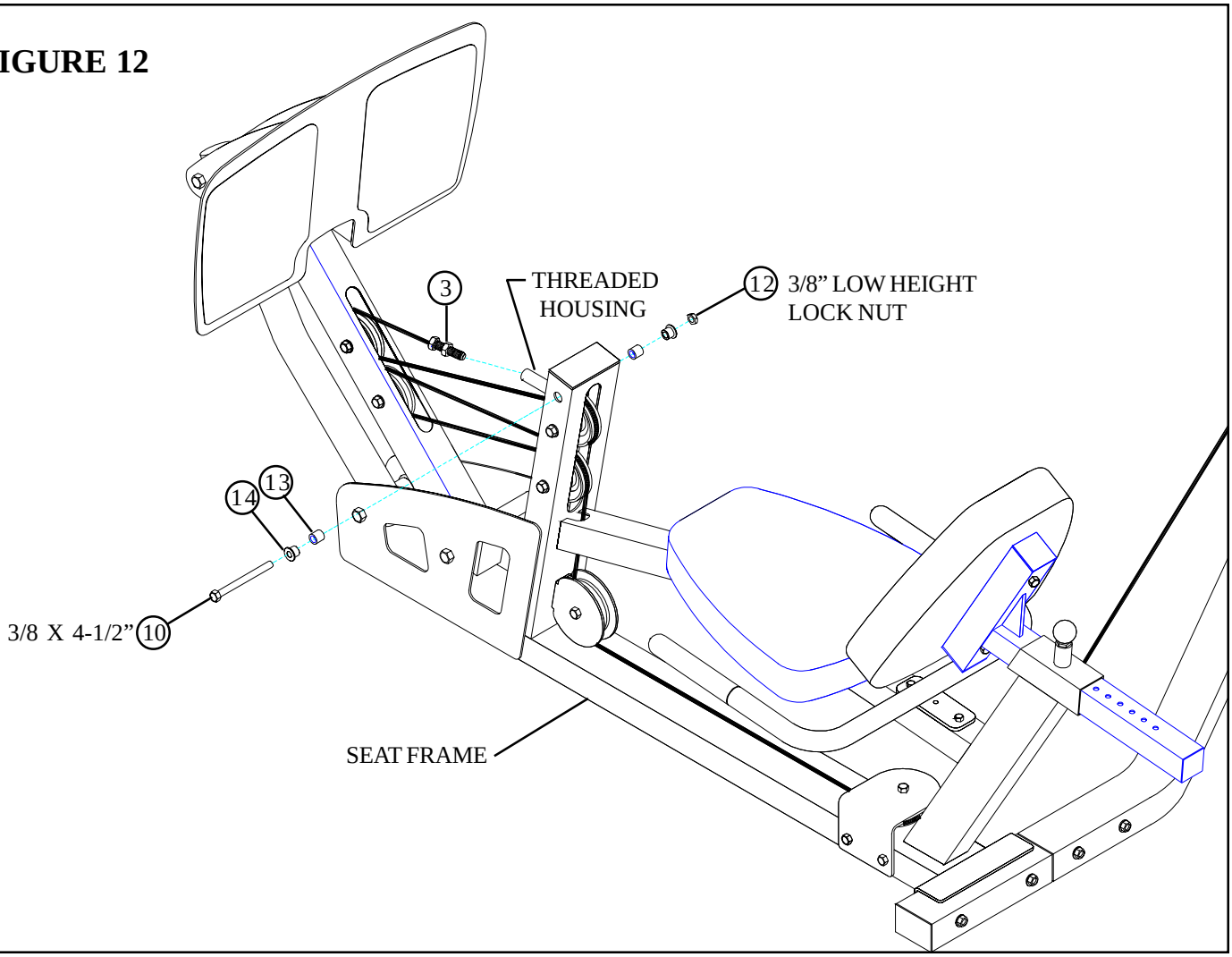


FIGURE 12



STEP 12:

- **SECURELY** assemble the threaded end of the LONG LEG PRESS CABLE (3) to the SEAT FRAME using one 3/8 X 4-1/2" BOLT (10), two 3/8 X 1" SPACERS (13), one previosly removed THREADED HOUSING, two 3/8" FLANGE SPACERS (14) and one 3/8"LOW HEIGHT LOCK NUT (12).

CABLE ROUTING DIAGRAM

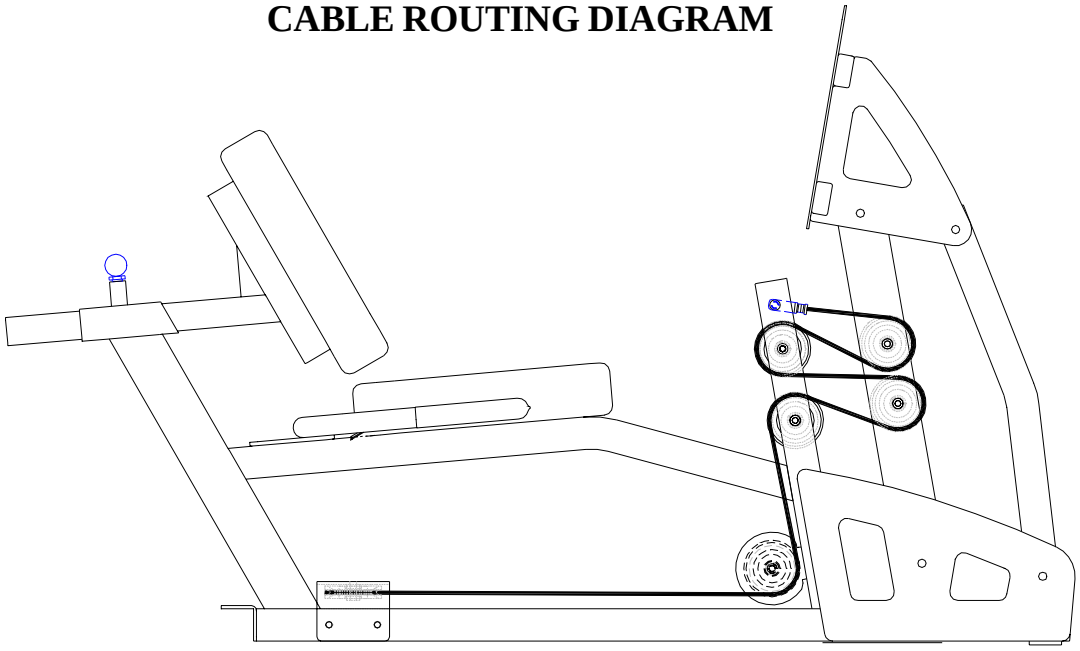
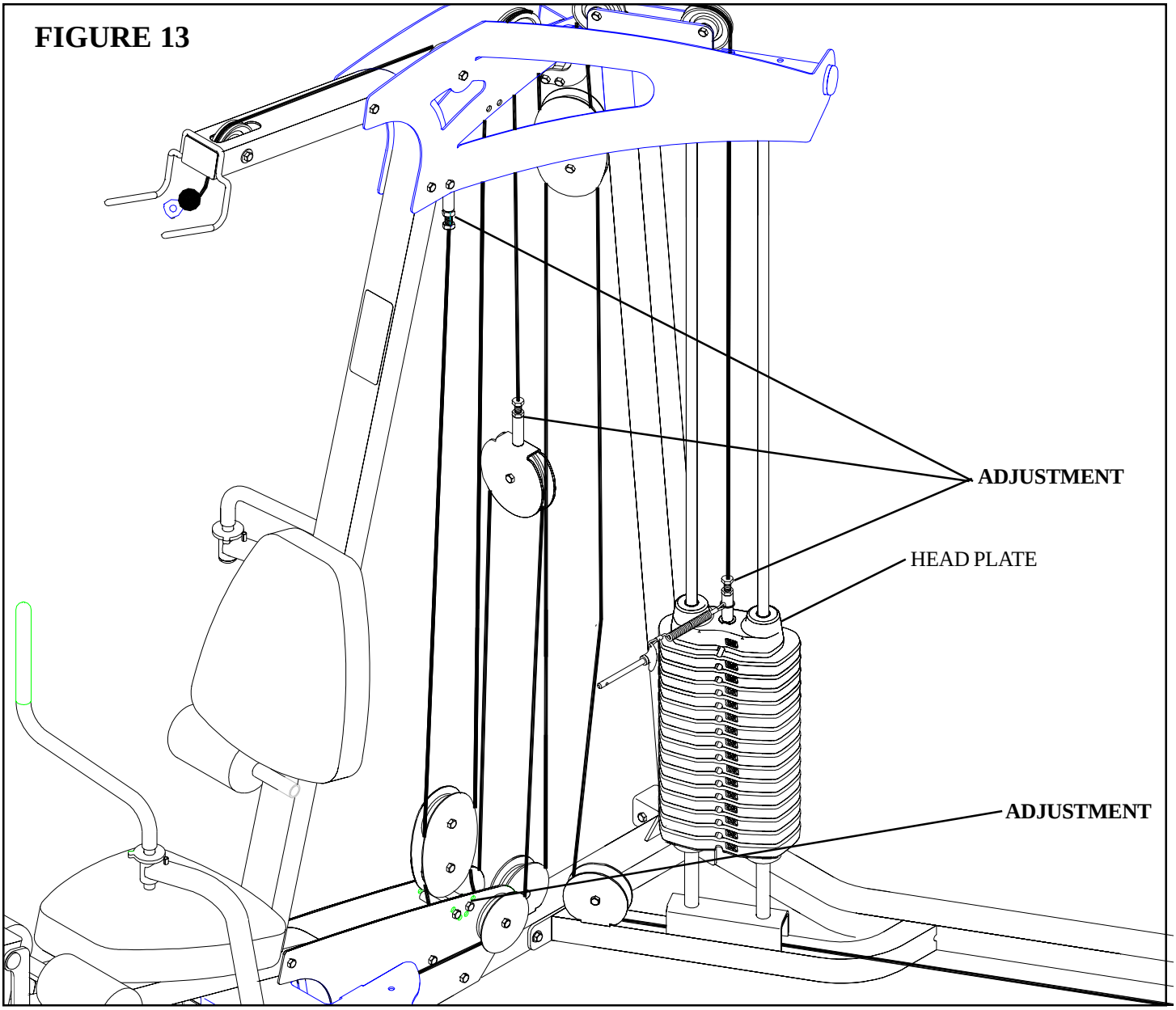


FIGURE 13



STEP 13:

- To set the correct amount of tension in the cables, push the HEAD PLATE down, insert the WEIGHT SELECTOR PIN and perform several repititions at the leg press station.This will relax the cable system and prevent the HEAD PLATE from lifting up.
- If further CABLE ADJUSTMENT is needed, reference the 880 GYM SYSTEM USER'S GUIDE.
- There will be extra hardware after completing assembly.

THIS CONCLUDES THE ASSEMBLY OF THE 880 LEG PRESS ADAPTER KIT